

**Choice Based Credit System (CBCS)**

# UNIVERSITY OF DELHI

## FACULTY OF INTER-DISCIPLINARY AND APPLIED SCIENCES

**UNDERGRADUATE PROGRAMME  
(Courses effective from Academic Year 2015-16)**



## SYLLABUS OF COURSES TO BE OFFERED Core Courses, Elective Courses & Ability Enhancement Courses

**Disclaimer:** The CBCS syllabus is uploaded as given by the Faculty concerned to the Academic Council. The same has been approved as it is by the Academic Council on 13.7.2015 and Executive Council on 14.7.2015. Any query may kindly be addressed to the concerned Faculty.

**Undergraduate Programme Secretariat**

## **Preamble**

The University Grants Commission (UGC) has initiated several measures to bring equity, efficiency and excellence in the Higher Education System of country. The important measures taken to enhance academic standards and quality in higher education include innovation and improvements in curriculum, teaching-learning process, examination and evaluation systems, besides governance and other matters.

The UGC has formulated various regulations and guidelines from time to time to improve the higher education system and maintain minimum standards and quality across the Higher Educational Institutions (HEIs) in India. The academic reforms recommended by the UGC in the recent past have led to overall improvement in the higher education system. However, due to lot of diversity in the system of higher education, there are multiple approaches followed by universities towards examination, evaluation and grading system. While the HEIs must have the flexibility and freedom in designing the examination and evaluation methods that best fits the curriculum, syllabi and teaching-learning methods, there is a need to devise a sensible system for awarding the grades based on the performance of students. Presently the performance of the students is reported using the conventional system of marks secured in the examinations or grades or both. The conversion from marks to letter grades and the letter grades used vary widely across the HEIs in the country. This creates difficulty for the academia and the employers to understand and infer the performance of the students graduating from different universities and colleges based on grades.

The grading system is considered to be better than the conventional marks system and hence it has been followed in the top institutions in India and abroad. So it is desirable to introduce uniform grading system. This will facilitate student mobility across institutions within and across countries and also enable potential employers to assess the performance of students. To bring in the desired uniformity, in grading system and method for computing the cumulative grade point average (CGPA) based on the performance of students in the examinations, the UGC has formulated these guidelines.

## **CHOICE BASED CREDIT SYSTEM (CBCS):**

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations, the UGC has formulated the guidelines to be followed.

### **Outline of Choice Based Credit System:**

- 1. Core Course:** A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.
- 2. Elective Course:** Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.
  - 2.1 Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).
  - 2.2 Dissertation/Project:** An elective course designed to acquire special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project.
  - 2.3 Generic Elective (GE) Course:** An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.
- 3. Ability Enhancement Courses (AEC)/Competency Improvement Courses/Skill Development Courses/Foundation Course:** The Ability Enhancement (AE) Courses may be of two kinds: AE Compulsory Course (AECC) and AE Elective Course (AEEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement. They ((i) Environmental Science, (ii) English/MIL Communication) are mandatory for all disciplines. AEEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.
  - 3.1 AE Compulsory Course (AECC):** Environmental Science, English Communication/MIL Communication.
  - 3.2 AE Elective Course (AEEC):** These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based instruction.

**Project work/Dissertation** is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

**Details of Courses Under Undergraduate Programme (B.Sc.)**

| Course  | *Credits                 |                          |
|---|--------------------------|--------------------------|
| =====   |                          |                          |
|   | Theory+ Practical        | Theory+Tutorials         |
| <b><u>I. Core Course</u></b>  | 12X4= 48                 | 12X5=60                  |
| <b>(12 Papers)</b>  |                          |                          |
| 04 Courses from each of the   |                          |                          |
| 03 disciplines of choice  |                          |                          |
| <b>Core Course Practical / Tutorial*</b>  | 12X2=24                  | 12X1=12                  |
| <b>(12 Practical/ Tutorials*)</b>   |                          |                          |
| 04 Courses from each of the   |                          |                          |
| 03 Disciplines of choice  |                          |                          |
| <br><b><u>II. Elective Course</u></b>   | <br>6x4=24               | <br>6X5=30               |
| <b>(6 Papers)</b>   |                          |                          |
| Two papers from each discipline of choice   |                          |                          |
| including paper of interdisciplinary nature.  |                          |                          |
| <b>Elective Course Practical / Tutorials*</b>   | 6 X 2=12                 | 6X1=6                    |
| <b>(6 Practical / Tutorials*)</b>   |                          |                          |
| Two Papers from each discipline of choice   |                          |                          |
| including paper of interdisciplinary nature   |                          |                          |
| <ul style="list-style-type: none"> <li>• <b>Optional Dissertation or project work in place of one Discipline elective paper (6 credits) in 6<sup>th</sup> Semester</b></li> </ul> |                          |                          |
| <br><b><u>III. Ability Enhancement Courses</u></b>  |                          |                          |
| <b>1. Ability Enhancement Compulsory</b>  | 2 X 2=4                  | 2X2=4                    |
| <b>(2 Papers of 2 credits each)</b>   |                          |                          |
| <b>Environmental Science</b>  |                          |                          |
| <b>English/MIL Communication</b>  |                          |                          |
| <b>2. Ability Enhancement Elective</b>  | 4 X 2=8                  | 4 X 2=8                  |
| <b>(Skill Based)</b>  |                          |                          |
| <b>(4 Papers of 2 credits each)</b>   |                          |                          |
|   | _____                    | _____                    |
|   | <b>Total credit= 120</b> | <b>Total credit= 120</b> |

Institute should evolve a system/policy about ECA/ General Interest/Hobby/Sports/NCC/NSS/related courses on its own.

\*wherever there is practical there will be no tutorials and vice -versa

## Choice Based Credit System, B.Sc. (PEHE&S)

| Sem-I        |   |           |           | Sem-II       |   |           |           |
|--------------|---|-----------|-----------|--------------|---|-----------|-----------|
| Code No.     | Papers  | Credit    | Hours     | Code No.     | Papers  | Credit    | Hours     |
| DSC-1        | Foundation of Physical Education  | 05 (4+1)  | 06 (4+2)  | DSC-3        | Health Education, First Aid & Rehabilitation  | 05 (4+1)  | 06 (4+2)  |
| DSC-2        | Anatomy & Physiology  | 05 (4+1)  | 06 (4+2)  | DSC-4        | Sports Sociology  | 05 (4+1)  | 06 (4+2)  |
| DSCP-1       | Body Conditioning (Module-1) General  | 01 (0+1)  | 02 (0+2)  | DSCP-2       | Body Conditioning (Module-2) Sports Specific  | 01 (0+1)  | 02 (0+2)  |
| DSE-1        | Game of Specialization-1(Major) : Module-1<br>(Opt any one):-<br>(a) Athletics (i) Hockey<br>(b) Aquatics** (j) Judo<br>(c) Badminton (k) Kabaddi<br>(d) Basketball (l) Kho-Kho<br>(e) Cricket (m) Table Tennis**<br>(f) Football (n) Volleyball<br>(g) Gymnastic (o) Wrestling**<br>(h) Handball (p) Yoga  | 05 (4+1)  | 06 (4+2)  | DSE-2        | Game of Specialization-1(Major) : Module-2 (Game to be the same as in DSE-1):-<br>(a) Athletics (i) Hockey<br>(b) Aquatics** (j) Judo<br>(c) Badminton (k) Kabaddi<br>(d) Basketball (l) Kho-Kho<br>(e) Cricket (m) Table Tennis**<br>(f) Football (n) Volleyball<br>(g) Gymnastic (o) Wrestling**<br>(h) Handball (p) Yoga | 05 (4+1)  | 06 (4+2)  |
| DSE-7        | Track & Field (Compulsory)  | 02 (1+1)  | 03 (1+2)  | DSE-8        | Gymnastics (Compulsory)   | 02 (1+1)  | 03 (1+2)  |
| AEC-1/2      | Ability Enhancement Course (English communication /Environmental Science.)  | 02 (2+0)  | 02 (2+0)  | AEC-2/1      | Environmental/English Communication   | 02 (2+0)  | 02 (2+0)  |
| <b>Total</b> |   | <b>20</b> | <b>25</b> | <b>Total</b> |   | <b>20</b> | <b>25</b> |
| Sem-III      |   |           |           | Sem-IV       |   |           |           |
| Code No.     | Papers  | Credit    | Hours     | Code No.     | Papers  | Credit    | Hours     |
| DSC-5        | Physiology of Exercise  | 05 (4+1)  | 06 (4+2)  | DSC-7        | Test Measurement & Evaluation in Phy. Edu.  | 05 (4+1)  | 06 (4+2)  |
| DSC-6        | Sports and Exercise Psychology  | 05 (4+1)  | 06 (4+2)  | DSC-8        | Method of Teaching in Physical Education  | 05 (4+1)  | 06 (4+2)  |
| DSE-3        | Game of Specialization-2(Minor-1) : Module- 1<br>(Opt any one other than that selected for DSE-1) :-<br>(a) Athletics (i) Hockey<br>(b) Aquatics** (j) Judo<br>(c) Badminton (k) Kabaddi<br>(d) Basketball (l) Kho-Kho<br>(e) Cricket (m) Table Tennis**<br>(f) Football (n) Volleyball<br>(g) Gymnastic (o) Wrestling**<br>(h) Handball (p) Yoga | 05 (4+1)  | 06 (4+2)  | DSCP-4       | Body Conditioning (Module-1) Aerobic Activity-2   | 01 (0+1)  | 02 (0+2)  |
|              |   |           |           | DSE-4        | Opt any one from the following (Not more than 50 students in any option)* :-<br>(a) Physical Growth & Development<br>(b) Sports Journalism<br>(c) Balanced Education  | 05 (4+1)  | 03 (1+2)  |
| DSE-9        | Yoga (Compulsory)   | 02 (1+1)  | 03 (1+2)  | DSE-10       | Organization and Administration   | 02 (1+1)  | 06 (4+2)  |
| DSCP-3       | Body Conditioning (Module-3) Aerobic Activity-1   | 01 (0+1)  | 02 (0+2)  | SEC-2/1      | English/Hindi   | 02 (2+0)  | 02 (2+0)  |
| SEC-1/2      | Hindi/English   | 02 (2+0)  | 02 (2+0)  |              |   |           |           |
| <b>Total</b> |   | <b>20</b> | <b>25</b> | <b>Total</b> |   | <b>20</b> | <b>24</b> |

| Sem-V        |  |           |           | Sem-VI       |   |           |           |
|--------------|--|-----------|-----------|--------------|---|-----------|-----------|
| Code No.     | Papers   | Credit    | Hours     | Code No.     | Papers  | Credit    | Hours     |
| DSC-9        | Kinesiology & Biomechanics   | 05 (4+1)  | 06 (4+2)  | DSC-11       | Fundamentals of Sports Training   | 05 (4+1)  | 06 (4+2)  |
| DSC-10       | Sports & Exercise Nutrition  | 05 (4+1)  | 06 (4+2)  | DSC-12       | Sports and Exercise Management  | 05 (4+1)  | 07 (3+4)  |
| DSE-5        | Game of Specialization-3(Minor-2) : Module-1 (Opt anyone other than Games selected for DSE-1 and DSE-3):-<br>(a) Athletics (i) Hockey<br>(b) Aquatics** (j) Judo<br>(c) Badminton (k) Kabaddi<br>(d) Basketball (l) Kho-Kho<br>(e) Cricket (m) Table Tennis**<br>(f) Football (n) Volleyball<br>(g) Gymnastic (o) Wrestling**<br>(h) Handball (p) Yoga | 05 (4+1)  | 07 (3+4)  | DSCP-6       | Mass Demonstration Activities (Module -2)   | 01 (0+1)  | 02 (0+2)  |
|              |  |           |           | DSE-6        | Computer Application in Physical Education or Project Report/Dissertation (Dissertation will be allowed only to students who opt for Research Methodology * Statistics paper in Semester-V) | 05 (4+1)  | 06 (4+2)  |
|              |  |           |           | GEC-2        | Opt any one from the following (Not more than 50 students in any option)* :-<br>(a) Adapted Physical Education<br>(b) Olympic Education<br>(c)Adventure Sports & Leadership Training        | 02 (2+0)  | 03 (1+2)  |
| DSCP-5       | Mass Demonstration Activities(Module -1)   | 01 (0+1)  | 02 (0+2)  | SEC-4        | Opt any one from the following (Not more than 50 students in any option)* :-<br>(a) Wellness Lifestyle<br>(b) Exercise Prescription<br>(c) Sports Industry & Marketing                      | 02 (1+1)  | 03 (1+2)  |
| GEC-1        | Opt any one from the following (Not more than 50 students in any option)* :-<br>(a) Sports for All<br>(b) Wholistic Personality Development<br>(c)Research Methodology & Statistics  | 02 (2+0)  | 03 (1+2)  |              |   |           |           |
| SEC-3        | Fitness &Sports Skill Testing  | 02 (1+1)  | 03 (1+2)  |              |   |           |           |
| <b>Total</b> |  | <b>20</b> | <b>26</b> | <b>Total</b> |   | <b>20</b> | <b>27</b> |

\* Allotment of option by previous semester/exam merit

\*\* Facilities not available

#### Abbreviations:-

|      |   |   |
|------|---|---|
| DSC  | = | Discipline Specific Core (12)             |
| DSE  | = | Discipline Specific Elective (10)         |
| DSCP | = | Discipline Specific Core Practical (6)    |
| SEC  | = | Skill Enhancement Course (4)              |
| AEC  | = | Ability Enhancement Compulsory Course (2) |
| GEC  | = | Generic Elective Course (02)              |

## CHOICE BASED CREDIT SYSTEM

### DETAILS OF CREDITS OF VARIOUS COURSES IN UNDER-GRADUATE PROGRAMME

#### B.Sc. (Physical Education, Health Education & Sports)

| COURSES  | THEORY                   | PRACTICAL                  |
|--|--------------------------|----------------------------|
| <b><u>Part-I: Core Courses</u></b><br><br>DSC 1 to 12 : 12 Courses (5 Credit each)<br>DSCP – 1 to 6 : 06 Core Activity Practicals<br>(One Credit each)   | 12 X 4 = 48<br>00        | 12 X 1 = 12<br>06 X 1 = 06 |
| <b><u>Part-II: Elective Courses</u></b><br><br>DSE 1 to 6 : 6 Courses (5 Credit each)<br>DSE 7 to 10 : 4 Courses (2 Credit each)   | 6X 4 = 24<br>4 X1 = 04   | 6 X 1 = 06<br>4 X 1 = 04   |
| <b><u>Part-III: Generic Elective Courses</u></b><br><br>GEC 1 to 2: 2 Courses (2 Credit each)  | 2 X 2 = 04               | 00                         |
| <b><u>Part-IV: Ability Enhancement Courses</u></b><br><b>(2 Papers of 2 Credit each)</b><br>Ability Enhancement Compulsory (AEC)<br>Environmental Science<br><br>English/Hindi/MIL Communication (2 Credit each) | 2 X 2 = 04               | 00                         |
| <b><u>Part-V: Skill Enhancement Courses</u></b><br><b>(4 Papers of 2 Credit each)</b><br><br>SEC 1 to 4 : SEC 1 & 2<br>SEC 3 & 4   | 2 X 2 = 04<br>2 X 1 = 02 | 00<br>2 X 1 = 02           |
| <b>TOTAL</b>   | <b>90</b>                | <b>30</b>                  |
| <b>GRAND TOTAL</b>   | <b>90 + 30 = 120</b>     |                            |

**B.SC. PROGRAMME IN**  
**PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS**

| Duration of Programme and Number of Courses  | Marking Scheme                          |        |           |                           | Total Course Marks | Total B.Sc. Programme Marks |
|--|---|--------|-----------|---------------------------|--------------------|-----------------------------|
|  | Number of Various Categories of Courses | Marks  |           | Internal Assessment Marks |                    |                             |
|  |   | Theory | Practical |                           |                    |                             |
|  |   | Marks  | Marks     |                           |                    |                             |
| <b>Six Semesters (I to VI)</b><br>Total number of all DSC DSE AEC SEC GEC DSCP Courses is 36 | DSC 1 to 12                             | 75     | 50        | 25                        | 150                | 1800                        |
|  | DSCP 1 to 06                            | -      | -         | 50                        | -                  | 300                         |
|  | DSE 1 to 06                             | 75     | 50        | 25                        | 150                | 900                         |
|  | DSE 7 to 10                             | 40     | 50        | 10                        | 100                | 400                         |
|  | AEC 1 & 2                               | 40     | -         | 10                        | 50                 | 100                         |
|  | SEC 1 & 2                               | 40     | -         | 10                        | 50                 | 100                         |
|  | SEC 3 & 4                               | 40     | 50        | 10                        | 100                | 200                         |
|  | GEC 1 & 2                               | 40     | 50        | 10                        | 100                | 200                         |
| <b>Total</b>   |   |        |           |                           |                    | <b>4000</b>                 |



## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**FOUNDATIONS OF PHYSICAL EDUCATION****UNIT-I**

- (i) Meaning, Definitions, and Objectives of Physical Education.
- (ii) Foundations of Physical, Education:-
  - (a) Biological foundation – Introduction, Growth and Development and Body types.
  - (b) Psychological Foundation – Introduction, Learning process and theories.
  - (c) Sociological Foundation – Introduction, Socialization process.

**UNIT-II**

- (i) Concept and components of Philosophy (Metaphysics, Epistemology, Axiology, Logic, Ethics and Aesthetics.)
- (ii) Introduction of philosophies – naturalism, pragmatism, realism, idealism, existentialism, progressivism, essentialism and humanism.

**UNIT-III**

- (i) Concept and role of fitness movement.
- (ii) Concept and role of wellness movement.

**UNIT-IV**

Modern and Ancient Historical perspectives: USA, UK, Greece, Rome and India. Olympic movement.

**UNIT-V**

- (i) Professional preparation in Physical education.
- (ii) Sports Career Avenues, National Sports awards and Honors.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

**ESSENTIAL READING:**

**Book -1:-**Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA

**Book-2:-**Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.

**Book-3:-** Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.

**Book-4:-** Gupta, R, Sharma A, Sharma S (2004) Professional preparation and curriculum design in Physical Education & Sports Sciences, friends publications (India), New Delhi.

**SUGGESTED READINGS:**

- Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

**Practicals:-**

- Preparation of report of National Sports awards of the last year (a scrap file).
- Pictorial Description of Olympic Games its sites.
- Preparation of NCTE approved Institution for D.P.Ed., B.P.Ed. & M.P.Ed.
- Assessment of two subjects of Body types by Heath & Carter method.

## Semester I

## ANATOMY &amp; PHYSIOLOGY

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**Unit-I**

Definition of anatomy & physiology, Cell-microscopic structure of cells, functions of its organelle, Tissue-classification & functions, Organ, Systems of the body, Bone & joints- structure and classification

**Unit-II**

Muscular System-classification, structure, functions, properties of muscle, types of muscular contractions, Name of various muscular acting on various joints, Cardiovascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, structure & function of blood, athlete's heart.

**Unit-III**

Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

**Unit-IV**

Nervous system-structure of brain, spinal cord, Anatomic nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear

**Unit-V**

Excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practicals:-**

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

**SUGGESTED READINGS:**

- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8<sup>th</sup> Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

## Semester I

Max. Marks =50

Time allowed: 3Hrs

**BODY CONDITIONING (MODULE-1) General**

| <b>S. No.</b> | <b>Component</b>         | <b>Activities</b>                                      |
|---------------|--------------------------|--|
| 1             | Cardiovascular Endurance | Running, Aerobic Exercises and Recreational Activities |
| 2             | Flexibility              | Stretching exercises and Yoga asanas                   |
| 3             | Coordinative abilities   | Minor games and Group activities                       |

**Note: The conditioning programme can be modified according to the requirement of the students.**

## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – ATHLETICS****Unit-I**

Introduction to athletics

Historical developmental of athletics- Introduction, Ancient Olympics and Modern Olympics games

Constitution and functions of AFI (Athletics Federation of India) DSOA (Delhi State Olympic Association) AIU (Association of Indian Universities) DSAA (Delhi State Athletics Association)

Introduction to Olympics and non- Olympics events, Different National and International level athletics championship Olympic games, Asian games, IAAF- World Championship, world cup, Area championship, open National, Inter-state, Inter Universities athletics championships

**Unit-II**

Introduction and types of track

Procedure and methods to mark the track (200m, 400m)

Warm-up and Cool down- Need, importance and procedure

Marking and construction of Javelin throw, Hammer throw arena

Specification and construction of high jump and pole vault pit/run ways

Indian athletics and international athletics competitions, Selected National and International personalities of athletics First aid and rehabilitation of athletics injuries

**Unit-III**

Brief background, arena making techniques, training and important motor components of the following events:

Sprints races (100m, 200m, 400m)

Shot put, Discus throw and Javelin throw

Long Jump, Triple Jump and Pole vault

**Unit-IV**

Tactics and strategies of the concern events

Safety measures, precautions and prevention of injuries

Officiating, rules and regulation of related events

**Unit-V**

Introduction to athletics, training planning and periodisation

Introduction to training methods various types of methods

Characteristics of athletics of various selected events

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

Technical training and practice of following events:-

1. Sprints Starting techniques, finishing techniques
2. Shot put, Discus throw and Javelin throw
3. Long Jump, Triple Jump and Pole vault
4. Record file

## **SUGGESTED READINGS**

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1<sup>st</sup> ed., USA.
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
- Prentice, W. and Arnhem, D. (2005). Arnhem's Principles of Athletic Training 12<sup>th</sup> Ed. McGraw Hill. in place of Knight (1988).
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – BADMINTON****UNIT-I**

Origin, historical perspectives and modern trends & development of Badminton, Orientation of the fundamental skills, Construction and maintenance of badminton court- rules of the game.

As specified by the Badminton Association of India (BAI), As per the International Badminton Federation (IBF), Latest developments, Latest amendments, Interpretations

**UNIT-II**

Training of motor components, Technical preparation –reflexes, perceptual sense, neuro-muscular coordination, equipments etc., Techniques and tactics, Individual and game strategies Physical and physiological preparation Psychological preparation .

Duties/responsibilities, qualifications and qualities of a coach, Philosophy of coaching, Qualifications and, responsibilities/functions of technical officials, Protocols of referees, judges, umpires

**UNIT-III**

Systematizing training process for badminton players – general warming-up, specific warming-up and cooling down, Training for beginners, Training for intermediate players - advanced sportspersons

**UNIT-IV**

Prevention of injuries, Safety measures, Specific injuries in Badminton and their causes, Management of injuries, Rehabilitation of injured players

**UNIT-V**

Meaning, definition, classification and components of nutrition, Energy requirements of badminton players

Nutritional requirements of badminton players : pre, during and post competition phases

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Demonstration of skills of Badminton
2. Warming-up (general and specific), cooling down, and supplementary exercises
3. Training for foot work
4. Shadow practice and pressure training
5. Visit to a place where the facilities of Badminton exist

**SUGGESTED READINGS**

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
- Grice, T. (2007). Badminton: Steps to Success. 2<sup>nd</sup> Ed. Human Kinetics, USA.
- Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part I & II). Friends Publication. New Delhi.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – BASKETBALL****UNIT-I**

Historical development of basketball at international and national level, Modern trends and developments in basketball

Selection of a team and conduct of a camp

**UNIT-II**

Latest Rules, and their Interpretations, Basic skills and techniques, Measurement of basketball court

Evaluation of players performance during matches

**UNIT-III**

Prerequisites of preparation and training, Theory of basketball training process, Principles of warming up and cooling down and their effects

Chest pass, Underhand pass, Dribbling, Shooting- long shooting, lay up shots, Coaching points, Tactical application

Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball , Teaching of basketball skill

**UNIT-IV**

Development of motor components with specific reference to basketball, Development of basketball specific fitness components

**UNIT-V**

Fitness tests- AAHPER Youth Fitness Test, AAHPER Health related Fitness Test,

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. General and specific warm up
2. Teaching fundamental skills
3. Drills for defense and offense system
4. One on one measurement, development and evaluation of motor components
5. Preparing training load and schedule for basketball players

**SUGGESTED READINGS**

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2<sup>nd</sup> Ed. Golden Aura Publishing, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi.
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, USA

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – CRICKET****UNIT-I**

Historical development of cricket at international and national level, Modern trends and developments in cricket, Organization of cricket at international and national level, BCCI, ICC, DDCA, MCG, NCA etc., Organizational setup and constitution of cricket and state bodies.

Selection of a team and conduct of a cam, Playfield technology - planning, construction and maintenance of the cricket field, Conduct of a Tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary Teaching of cricket skill, Development of motor components with specific reference to cricket

**UNIT-II**

Latest rules and their interpretations.

Development of cricket specific fitness components, Specific training methods for different positions (slip catching, close fielding, fast bowling)

Evaluation of players' performance during matches, Video-analysis of skills and techniques, importance of a third umpire, Assessment of prospective opponents

**UNIT-III**

Basic skills and techniques, Batting - forward defense, backward defense, all types of drives, glance, cut, pull, and sweep, Bowling - medium pace, leg spin, off spin and their improvisation

**UNIT-IV**

Fielding - catching, ground fielding, close and deep fielding, Wicket keeping, Drills for skills development (any five), Lead-up games for beginners in cricket

**UNIT-V**

Principles of warming up and cooling down and their effects

Mental preparation and motivational techniques in cricket

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

**SUGGESTED READINGS**

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press, USA.
- Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
- Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
- Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
- Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.



**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – FOOTBALL****UNIT-I**

Historical development of football at international and national level, Modern trends and developments in football. Selection of a team and conduct of a camp, Playfield technology - planning, construction Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary

**UNIT-II**

Latest rules and their interpretations, organization of FIFA & AIFF  
Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

**UNIT-III**

Prerequisites of preparation and training, Theory of football training process, Basic skills and techniques, Kicking, Receiving, Heading, Dribbling, Pyramid system – Swiss bolt, three back system, 4-2-4 formation,

**UNIT-IV**

Goal-keeping, pre-contact movement, contact, Coaching points, Tactical application, Drills for skill - development (any five), The field defense – general characteristics, teaching progression and coaching tips, position specific and other defense drills, Lead - up games for beginners in football,

**UNIT-V**

Fitness tests - AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests – McDonald test, Mitchell - McDonald test.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting – types of skills
5. Goal keeping – receiving the ball on floor and in the air, diving skills, punching the ball

**SUGGESTED READINGS**

- American Football Coaches Association (2002). The Football Coaching Bible. 1<sup>st</sup> Ed., Human Kinetics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers, USA.
- Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly, T. (2006). The Science Trainign Soccer : A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher, USA.
- Reilly, T. and J.C.D. Arau (2008). Science and Football V : The Proceedings of the 5<sup>th</sup> World Congress on Sports Science and Football, Volume 5.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Thani Yograj (2002). Coaching Successfully Football. K.S.K. New Delhi.

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1-GYMNASTICS****UNIT-I**

Origin and development of gymnastics in India and Asia, Structure and function of FIG, GFI, AGU, AIU  
Rhythmic gymnastic

**UNIT-II**

Rules & regulations, types of competition, types of jury, code of point-artistic gymnastic, Gymnastics coach- Qualifications, qualities and abilities, Personality profiles of a gymnastics coach  
Knowing gymnastics terminology- Definition and principles of terminology, Methods of naming various gymnastics terms, Names and definition of some basic positions and movements  
Training schedules- Daily schedules, Weekly schedules, Monthly schedules, Planning for competition- Meaning and concept, Preparation for competition schedule, Order of events, Sequence of gymnast

**UNIT-III**

Role of various motor abilities in gymnastics, Means and methods of developing general motor abilities and their evaluation, Means and methods of developing specific motor abilities and their evaluation

**UNIT-IV**

Supporting techniques and their methods, Security – means and methods, Self security methods, Causes, prevention and remedies of injuries in gymnastics

**UNIT-V**

Artistic Gymnastic

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Physical fitness in gymnastics : (i) Free hand exercises; (ii) Use of apparatus
2. Trampoline gymnastics : (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
3. Visit to the gymnastics centre

**SUGGESTED READINGS**

- Brown (2009). How to Improve at Gymnastics. Crabtree Publishing Co., USA.
- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
- Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
- Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2<sup>nd</sup> Ed. Sportsworlout.com.
- Schlegel, E. and Dunn, CR. (2001). The Gymnastics Book : The Young Performer's Guide to Gymnastics. Firefly Books, USA.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Stickland, L.R. (2008). Gender Gymnatics. Trans Pacific Press, Japan.

## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – HANDBALL****UNIT-I**

Historical development of handball at international and national level, Modern trends and developments in handball  
Advance rules and regulation and their interpretations Playfield technology - planning, construction and maintenance of handball court

**UNIT-II**

Introduction to rules and regulations, interpretations of rules, layout of handball field and player's kit and equipment.

Principles and objectives of coaching, techniques of coaching pep talks, pre match, during and post match, individual and group, coaching schedule

**UNIT-III**

Introductions to basic skills.techniques and their importance.

**UNIT-IV**

Common sports injuries in handball, treatment, rehabilitation and safety measure.

**UNIT-V**

Introduction to international, national and state handball federation/association, their organization set-up constitution and functions.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Catching/Receiving the ball(at different heights)
2. Passing (chest pass, overhead pass, whist pass, shoulder pass, bounce pass, lob pass, long pass, back pass)
3. Dribbling (at different heights)
4. Shooting (Penalty shot, jump shot, long jump shot, high dive shot, fake shot, straight with blocking steps, straight without blocking shot, lob shot)
5. Goal keeping techniques
6. Anticipation
7. Interception

**SUGGESTED READINGS**

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2<sup>nd</sup> Ed. Human Kinetics, USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
- Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
- Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
- Surhone, L.M. et al (2010). Team Handball. Betascript Publishing, USA

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – HOCKEY****UNIT-I**

Historical development of hockey at international and national level, Modern trends and developments in hockey. Playfield technology - planning, construction and maintenance of a hockey field

**UNIT-II**

Introduction to rules and regulations, interpretations of the rules, layout of hockey field and player's equipment. Principles and objectives of coaching, techniques of coaching pep talk, pre match during and post match, individual and group, coaching schedule

**UNIT-III**

Introductions to basic skills, their importance and techniques.

**UNIT-IV**

Common sports injuries in hockey, treatment, rehabilitation and safety measure.

**UNIT-V**

Introduction to international, national and state hockey federation/ associations, their organizational set up, constitution and functions.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Hitting & Receiving– classification, basic action
2. Dribbling
3. Ball passing and tackling
4. Push
5. Scoop
6. Goal keeping –diving skills, receiving and clearing the ball

**SUGGESTED READINGS**

- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills, USA.
- Rossiter, S. (2003). Hokcey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers, USA.
- Thani Yograaj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books, USA.
- Wukovits, J.F. (2000). History of Hockey 1<sup>st</sup> Ed. Lucent Books, USA.

## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – JUDO****UNIT-I**

Origin, historical perspectives, development in India and World, modern trends, Structure and function of Judo Federation of India (JFI), International Judo Federation (IJF), Fundamentals , Technique classification and tactics Specified by the Judo Federation of India, Specified by the International Judo Federation, Latest changes and developments in rules and regulations, techniques and tactics, officiating and coaching etc.

**UNIT-II**

Required motor abilities, Technical preparation and grading system , Competition area, equipments etc., Physical, physiological and psychological preparation  
Qualifications, qualities and responsibilities of a coach, Qualifications and responsibilities/functions of technical officials, judges, technical officials

**UNIT-III**

Systematizing training process for players – warming-up, cooling-down, supplementary exercises, basic skills, weight-training, circuit-training, Training for beginners, Training for intermediate players , Training for high performers

**UNIT-IV**

Common injuries of Judo

**UNIT-V**

Latest rules and regulation in Judo

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of judo techniques
3. Ground work training
4. Training of fundamentals of judo
5. Visit to a Judo Centre

**SUGGESTED READINGS**

- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 -KABADDI****UNIT-I**

Historical development of Kabaddi at Asian and national level, Modern trends and developments in Kabaddi  
 Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kabaddi court, Conduct of a tournament, Short-term and long - term planning for organization of a competition

**UNIT-II**

Latest rules and their Interpretations  
 Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

**UNIT-III**

General and specific warming up and cooling down (specific exercises for Kabaddi)  
 Principles of warming up and cooling down and their effects

**UNIT-IV**

Basic skills and techniques-fundamentals skills of kabaddi.

**UNIT-V**

Measurement, preparation & maintenance of court, major tournaments & trophies

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development, Flexibility, Coordination
3. Ground measurement
4. Basic Skills, offensive and defensive skills

**SUGGESTED READINGS**

- Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.

**Semester I**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – KHO-KHO****UNIT-I**

Historical development of Kho-kho at national level, Modern trends and developments in Kho-kho, Organization of KKFI and the confederations The congress, the board of administration, executive committee, the permanent secretariat, the internal auditors, Organization and constitution of KKFI and Affiliated Units  
 Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kho-kho court, Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, analysis and commentary

**UNIT-II**

Latest Rules, and their Interpretations  
 Evaluation of player's performance during matches , Video analysis of skills and techniques , Assessment of prospective opponents

**UNIT-III**

Prerequisites of preparation and training-Theory of Kho-kho training process, General & specific warming up and cooling down (specific exercises for Kho-kho)  
 Principles of warming up and cooling down and their effects  
 Basic skills and techniques-Running – chain game - single chain, double chain 3-3-2, Feint, Dosing, Oval, Chasing – pole dive – sitting, running, fake and pole dive, Sitting and block, Dive – air dive, sitting dive, flat dive  
 Preparation, pre-contact movement, contact, Tactical application, Drills for skill development, the court defense – general characteristics

**UNIT-IV**

Development of motor components with specific reference to Kho-kho, Development of Kho-kho specific fitness components, Specific training methods for different positions

**UNIT-V**

Types of tournaments, trophies & cup, Skill tests - Evaluation of team performance – observation techniques, statistical techniques, scouting charts

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Ground measurement & preparation of Kho-kho court

**SUGGESTED READINGS**

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

## Semester I

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – VOLLEYBALL****UNIT-I**

Historical development of Volleyball at international and national level , Modern trends and developments in volleyball, Organization of FIVB and the confederation, The congress, the board of administration, executive committee, the international commissions, the Permanent Secretariat, the continental confederations, Organization and constitution of VFI and state bodies

Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary

**UNIT-II**

Latest rules, and their interpretations

Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching  
Evaluation of player's performance during matches

**UNIT-III**

Prerequisites of preparation and training-Theory of volleyball training process, General and specific warming up and cooling down (specific exercises for volleyball), Principles of warming up and cooling down and their effects

**UNIT-IV**

Basic skills and techniques-The serve – underhand, tennis, jump and serve, overhead float, Forearm passing, Overhead passing, Spiking / attack, Blocking, Preparation, pre-contact movement, contact

The court defense – general characteristics, position specific and other defense drills, Lead - up games for beginners in volleyball

**UNIT-V**

Development of motor components with specific reference to volleyball, Development of volleyball specific fitness components

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating

**SUGGESTED READINGS**

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics, USA.
- Sagar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown. USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics, USA.



**GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – YOGA****UNIT-I**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

Yoga asana completion at:- State, National, International, SGFI, AIU etc.

**UNIT-II**

Philosophical aspects of yoga-Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra

Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials

**UNIT-III**

Meaning, techniques, precautions & effects of the following:-

Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardhmatsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana

Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetal, sheetkari, bhramari, ujjayi

Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana

Bandhas : jalandhar, uddyana, mool bandha

**UNIT-IV**

Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease

**UNIT-V**

Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centre/institutes

**SUGGESTED READINGS**

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Ragoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

## Semester I

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**TRACK & FIELD (Compulsory)****Unit-I**

Introduction of track &amp; field and historical review with special reference to India.

Training Methods- weight training, circuit training, cross-country, sand running.

Calculations of straggers, straight and radius of tracks

**Unit-II**

Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump

Sprinting- fixing of the starting blocks, various finishing techniques used in sprints

Aerodynamic- Principles involved in discus throw and javelin throw

**Unit-III**

Relays- hold of the baton, various types of baton exchange (visual and non-visual), techniques of the in-coming runner and synchronising of the speed of in-coming runner to outgoing runner.

Various techniques of stages of triple jump to be taught to novices and their explanation

Relays:

Style of baton exchange (Visual and non-visual)

Fixing Up runners for different relay races

**Unit-IV**

Triple Jump:

Approach run, take off and landing for hop, step and jump, flying phase, landing and follow up action.

Discus throw:

Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action

**Unit-V**

Long distance running:

Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Learn to mark the athletics track for 50m, 100m, 200m, 400m run
2. Learn to prepare a 200m athletic track
3. Learn to mark broad jump field
4. Learn to mark triple jump field

**SUGGESTED READINGS**

- Broadbent S (2007). A Boy's Guide to Track & Field. Vintage Books. Vancouver. Canada.
- Dybon Geoffrey (1962). The Mechanics of Athletics. University of London Press Ltd. London.
- Ken O Bosen. Track & Field for Beginner. Metropolitan Books. New Delhi.
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
- Malhotra AK. (1980). A Guide to be an Athletics. Krishna Pub. New Delhi
- Mohan. VM Athletics for Beginners. Metropolitan Book. Delhi
- Quercetani R (2000). Athletics: A History of Modern Track & Field. Sep Editrice Publishers. Milano. Italy.

**Semester I**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**ABILITY ENHANCEMENT COURSE**  
**(English/MIL Communication/Environmental Science)**

(Common with that in B.A. Programme)

**Semester II**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**HEALTH EDUCATION, FIRST AID & REHABILITATION****Unit-I**

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education

Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

**Unit-II**

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription

Communicable and Non-communicable diseases- meaning, distinction between communicable and non-communicable diseases. Communicable diseases- their mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease ; non-communicable diseases- causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

**Unit-III**

Contemporary health problems of college youth- Alcohol, drugs, use of tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management

Population education- importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy

National health programmes- components of existing national health programmes

**Unit-IV**

Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (Price), drowning snake bite, poisoning, heat stroke and heat exhaustion

International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health

**Unit-V**

Rehabilitation – definition, physical, mental and psychological rehabilitation.

Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. A visit to – International health agency and/or Government/NGO related to health promotion activities
2. Study of health programmes/s
3. Prescription of diet
4. Determination of calorie value of food
5. Identification of various methods of contraceptives
6. Collection of material for substance abuse control
7. Immunization schedule

## **SUGGESTED READINGS**

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA.
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Floyd PA SE Mimms and C Yeilding (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California. USA.
- Hales D (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA.
- Donatelle RJ (2005). Health the Basics. Sixth Edition. Oregon State University.
- Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. House s. New Delhi.
- Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.

**Semester II**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**SPORTS SOCIOLOGY****Unit –I Introduction**

1. Concept of social relations and sports as social institutions.
2. Current status of sports sociology in India and abroad.
3. Sociological perspectives and sports (Functionalism, conflict, interactionism)

**Unit-II Culture and sports**

1. Concept of culture and Characteristics of culture
2. Sports cultural values, norms and symbols.
3. Cultural capital and sports

**Unit –III socialization and sports**

1. Concepts of socialization
2. Types of socialization
3. Agents of socialization (family and education system)

**Unit –IV Gender and sports**

1. Meaning of feminism and feminist theories
2. Women participation in sports
3. Gender discrimination in sports
4. Alternative sports programmers for women

**Unit-V Stratification and sports**

1. Meaning and concept of stratification and sports
2. Classes and sports
3. mobility and sports

**Practical (28 Hours)**

1. Make a project on application of various sociological perspectives for studying the sports situations.
2. Prepare an analytical paper on interaction between Indian cultural elements and sports.
3. Prepare a project on sports socialization at early age.
4. Make anempirical comparison on the media coverage between male and female sports persons.

**Essential Readings**

Book 1 : Singh, Rajbir(2010). Sports Sociology (KheI Samajshastra), Sports Publications, New Delhi. (all units)

**SUGGESTED READINGS**

- Cohen RJ and Swerdlik ME (2002). Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Coaklay, J.J. (2009). Sportin Sociology, Issues and controversies, Mcgraw Hill International (Unit-1,3,4 &5)
- Dixit S (2006). KheI- Manovigyan. Sports Publications. Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.
- Mortin GL (2003). Sports Psychology, Sports Science. Press.U.S.A.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi.
- Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Singh MK (2008). Comprehensive Badminton Psychological Preparation. Friends Publication. Delhi.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jersey.

## Semester II

Max. Marks =50

Time allowed: 3Hrs

**BODY CONDITIONING (Module-2) SPORTS SPECIFIC**

| <b>S. No.</b> | <b>Component</b>          | <b>Activities</b>   |
|---------------|---------------------------|---|
| 1             | Cardio vascular Endurance | Interval training   |
| 2             | Speed and Agility         | Sprints and Shuttle runs  |
| 3             | Coordinative ability      | Hand and eye reaction games, Specialization based games, Reaction ability and audio visual activities |

**Note: The conditioning programme can be modified according to the requirement of the students.**

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – ATHLETICS****Unit-I**

Introduction to athletics, Olympics and non- Olympics events

Structure, Constitution and functions of IOC (International Olympic Committee) AAA (Athletics Association of Area) OCA (Olympic Council of Area)

Marking of various areanas of field events –long jump, triple jump, shot put and discus throw

**Unit-II**

Protocol and procedure of athletics championship

Organisation and management of athletics meet

Ceremonies – Opening Ceremony, victory and closing ceremony

**Unit-III**

Brief background techniques, training and important motor-components of the following events:

Middle and long distance running , Javelin throw and Hammer throw, High Jump and Pole Vault, Relay races (4x100m, 4x400m)

Brief background techniques, training and important motor-components of the following events:

Hurdle events (100m/h, 110m/h, 400m/h), Steeple Chase (200m, 300m, s/c), Race walking (20km, 50km) Combine events and non-Olympics events

**Unit-IV**

Tactics and strategies of the concern events, Athletics training for children and women, Psychological and social factors of athletics performance

General rules, officiating and tactics in athletics events, Sports training of athletics event- basic training, intermediate training and advance training, Training programme or training schedule, Characteristics of the athletics of related events, Coach and coaching philosophy

**Unit-V**

Athletics training load, form of load, factors of load, load and adaptation

Various training methods- continuous, interval, repetition, slow-fast and descending and ascending training methods

Important factors determine the performance of related events

Talent selection in athletics

Various training methods weight training, fort lek circuit training

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Technical training and practice of following
2. Middle and long distance running
3. Javelin throw and Hammer throw
4. High Jump and Pole Vault
5. Relay races (4x100m, 4x400m)
6. Technical training and practice of following
7. Steeple Chase
8. Hurdle race (100m/h, 110m/h, 400m/h)
9. Practical of weight training exercises, fort lek circuit training
10. Controlling and measuring the heart rate resting HR, during and past experience HR
11. Record File



## **SUGGESTED READINGS**

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Grant, S. and Lloyd, E. (2006). Training and Performance in difficult environments : A Guide for competitive Athletes. Crowood Press, USA.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK (1997). Athletics. S & S Parkashan. Amravati.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Warden P (1990). Take Up Athletics. Springfield Books Ltd.
- Weaver T (1988). Personal Best : Athletics. Harper Collins. London.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– BADMINTON****UNIT-I**

Important motor components, Structure and process for improvement of performance, Various training methods and principles of training load, Causes and symptoms of overload, Management of overload

**UNIT-II**

Anatomical considerations, Physiological considerations, Biomechanical considerations, Psychological consideration, Scientific research reviews

**UNIT-III**

Long term and short term planning for competition, Cyclic process of training : micro, meso and macro cycles Preparation of training schedules, Tactical efficiency  
Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts, preparing report, Protocols and ceremonies

**UNIT-IV**

Introduction, importance of test, measurement and evaluation in badminton, Fitness tests, Skill tests  
Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic Professional aspects of badminton

**UNIT-V**

Means & methods, Teaching lessons, process of classroom teaching, Preparation of teaching lesson-plans : characteristics & principles, Stages of teaching, Use of teaching aids  
Preparing coaching lessons in badminton, Use of teaching aids, Conduct of regular coaching, Concluding aspects of the coaching lesson, Assimilation

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Practical applications of tactics and strategies
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons
5. Planning for competitions
6. Organisation of a competition/seminar/workshop/clinic
7. Project on research in badminton
8. Coaching lessons

**SUGGESTED READINGS**

- Bloss M.V & Hales RS (1994). Badminton. WC Brown
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Grice, T. (2007). Badminton : Steps to Success : 2<sup>nd</sup> Ed. Human Kinetics, USA.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Seaman, J. (2009). Badminton Revisited. J.R. Books Ltd.
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbot Derlk (1989). Top Coach Badminton. Britain: Q.A. Press

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2- BASKETBALL****UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching

**UNIT-II**

Psychological qualities and preparation of a basketball player, Team system and tactical training, Offensive system in play, Defense system in play

**UNIT-III**

Individual, Diet and nutrition for a basketball player. Construction of basketball court  
Duties and responsibilities of officials, Mechanism of officiating and scoring

**UNIT-IV**

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management  
Managing team during competitions

**UNIT-V**

Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries, Preventive and safety measures, Rehabilitation  
Event identification and event profile development

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Dribbling Drill
2. Speed work
3. Endurance Training
4. Match Practice
5. Technical Training in Basketball Skills and More Match Practice

**SUGGESTED READINGS**

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Cluck, B. (1998) Play Better Basketball : Winning Techniques and Strategies. 2<sup>nd</sup> Ed. McGraw Hill, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra, New Delhi.
- Nat B. B (1997). Conditioning Coaches Association. NBA Power Conditioning, Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub, New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher, Delhi.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION -1(MAJOR) : MODULE-2 – CRICKET****UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre-match, during and post-match, individual and group coaching,

**UNIT- II**

Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent-identification to select the winning combination,

**UNIT-III**

Long-term and short-term preparation for the decisive cricket competitions, Psychological qualities and preparation of a cricketer, Team system and tactical training, Team building  
Duties and responsibilities of officials, Mechanism of officiating and scoring, Biomechanical analysis of skills

**UNIT-IV**

Offensive system in play, Defense system in play Individual group and team tactics, Diet and nutrition for a cricketer, The coordination among the coach, doctor, psychologist and players  
Managing team during competitions, Information and publicity concerning competition, Office management – correspondence and maintenance of records, Facility management – quality control of equipment and player's kit, Risk management - medical check-up, medical aid and insurance, Personnel management – communication and inter-personnel skills

**UNIT-V**

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, rotator's cuff , Preventive and safety measures, First-aid and Rehabilitation  
Fitness tests - Fitness tests- AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests – beep test, running between the wickets, different kinds of catches and throw, Evaluation of team performance – observation techniques, statistical techniques, scouting charts

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Practical efficiency in performance & demonstration of different advanced techniques  
Basic Skills and Techniques:  
Batting - forward defense, backward defense, all types of drives, glance, cut, pull, sweep Bowling - medium pace, leg spin, off spin and their improvisation, Fielding - catching, ground fielding, close and deep fielding, Wicket-keeping
2. Practical application of different tactics
3. Test, measurement & evaluation
  - (a) Skill tests (throwing ability, running between wicket, target hitting)
  - (b) Tests for different fitness components
4. Coaching lesson - 5 (five) internal lessons
5. Advancement of different techniques
  - (a) Video-analysis
  - (b) Net Session
6. Organize intramurals in the institution
7. Organizing camping, scouting & giving commentary
8. Coaching lesson – 5 (five) internal lessons

## **SUGGESTED READINGS**

- Amarnath M (1996). Learn to Play Good Cricket. Ubspd, New Delhi.
- Chugh GD (1993). Laws of Cricket. D.V.S.Pub. New Delhi.
- Dellor R (1990). How to Coach Cricket. Mandola, London.
- Goodway, K. (2002). Your Cricket Coach. Human and Rousseau Pvt. Ltd., USA.
- Jain R (2003). Play and Learn Cricket. K.S.K, New Delhi.
- Kutty S K (2003). Fielding Drills in Cricket. K.S.K, New Delhi.
- Jain R (2005). Play & Learn Cricket. Khel Sahitaya Kendra. Delhi.
- Sharangpani, RC (1992). Fitness Training in Cricket. Marine Sports. Bombay.
- Sharma P (2003). Cricket. Shyam Prakashan. Jaipur.
- Srivastava, A.K. (2007). How to Coach Cricket. Sports Publications, Delhi.
- Thani Vivek (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– FOOTBALL****UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building

**UNIT-II**

Long - term and short - term preparation for the decisive football competitions, Psychological qualities and preparation of a football player,

**UNIT-III**

Team system and tactical training-Offensive system in play, Defense system in play, Dribbling and reception pattern, Individual , group and team tactics  
Diet and nutrition for a football player,

**UNIT-IV**

Describe major muscles used in the basic skills of games  
Team management during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records , Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal, interpersonnel communication skills

**UNIT-V**

Ankle sprain, finger injuries, shoulder dislocation, knee displacement and head injuries, Preventive and safety measures, First-aid and Rehabilitation  
Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media-Writing press release and reports, Sponsor identification, fund raising

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Tackling the ball – basic, slide, shoulder charge
2. Feinting – with the ball, without the ball, with an opponent behind and alongside the dribble
3. Correct skill of throw in – throwing a ball, faults occurring, required instruction
4. Goal keeping - throwing a ball with one hand, rolling the ball along the ground, ground kick, air kick
5. Penalty kick
6. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
7. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
8. Refining of skills
  - Kicking
  - Receiving
  - Heading
  - Dribbling
  - Tackling
  - Goal keeping
9. Taking advantage of offside rule - attack and defense
10. Match officiating
  - Referee
  - Linesmen
  - Table officials

Play field preparation guide/organizer

### **SUGGESTED READINGS**

- Kumar N (2003). Play and Learn Football. K.S.K. New Delhi.
- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thani Y(2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.
- Wirhed R (1992). Training to Win Football. Wolfe Pub. London.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – GYMNASTICS****UNIT-I**

Psychological preparation of a gymnast-Principles and methods of development of mental pre-requisite for training, Mental preparation for competition, Mental training during competition, Attention and its role in gymnastics  
Children training in gymnastics-Aims and objectives, Principles and procedure of training, Construction of an exercise/routines for various levels of competitions

**UNIT-II**

Nutrition in gymnastics-Meaning, definition and classification of nutrition, Basic components of nutrition, Energy requirements and body composition in gymnastics, Role of diet in pre-competition, during competition and off-session phases, Fluid and its role in gymnastics-Pre-session, In-session, During competition, Off-session

**UNIT-III**

Specification of gymnastics apparatus (Artistic & Rhythmic)  
Newton's laws of motion and their application, Body levers and their application, Linear and angular momentum, Centripetal and centrifugal forces

**UNIT-IV**

Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps, Group-D : Balance and flexibility, Sports Acrobatic Gymnastics-Mixed, Men double, Women double, Quadrap – four men  
Teaching and training of advance elements on all men and women apparatus-Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars

**UNIT-V**

Professional preparation in Gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics  
Table vaults (men & women), Horizontal bar, Balancing beam, Pedagogic practice-Warm-up exercises and class organization, Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.  
The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps
2. Group-D : Balance and flexibility
3. Assignment/Project-Professional preparation in gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics, Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons (preparation, stages of teaching and use of teaching aids)
5. Teaching and training of advance elements on all men and women apparatus  
Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars, Table vaults (men & women), Horizontal bar, Balancing beam
6. Pedagogic practice
7. Warm-up exercises and class organization-Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating



## **SUGGESTED READINGS**

1. Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
2. Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
1. Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
2. Federation Int. De Gymnastics (2005). Code of Points Trampoline Gymnastics
3. Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
4. Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
5. Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
6. Pearson D (1991). Play The Game Gymnastics. Ward Lock. London.
7. Smither Graham (1980). Behing The Scence of Gymnastics. London.
8. Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION -1 (MAJOR) : MODULE-2- HANDBALL****UNIT-I**

General and specific warm up, (cooling down and their physiological concepts) , specific motor components related to handball, their importance and development.

**UNIT-II**

Introduction to sports training, its importance and characteristics, training load, over load and adaptation, principles of training load

**UNIT-III**

Officiating- Methods and importance of officiating, duties and responsibilities of officials  
Specific Duties and responsibilities of referee's, scorekeeper & time keeper, score sheet

**UNIT-IV**

Tactical preparation- Attaching & defensive tactics, different types of group tactics & their principles, game strategies and system of play  
Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

**UNIT-V**

Psychological training- Importance and Methods of Psychological training, philosophical aspects of training and coaching  
Physical fitness and development of advance techniques related to handball .Nutritional requirement of the players.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Court marking (dimensions)
2. Team (players, substitutes, coaches)
3. The officials (referee, table officials and their powers)
4. Rules of contact (practical knowledge)
5. Fast breaks
6. Second waves
7. Free throws
8. Screen (at different positions)
9. Peripheral vision
10. Training of physical fitness components
11. Exercise drill
12. Referee signals
13. Score sheet
14. Conduct of tournament
15. Evaluation of team and players
16. Team tactics (offensive- offensive system 3:3, 5:1, 4:2)
17. Defensive tactics (Defensive system 6:0, 1:5, 2:4, 3:3)
18. Man to man defense
19. Combine defense
20. Selection of players
21. Teaching lesson

**SUGGESTED READINGS**

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology. The Marine Sports Publishing Division. Bombay.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2- HOCKEY****UNIT-I**

General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development.

**UNIT-II**

Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load

**UNIT-III**

Officiating- Definition and importance, duties and responsibilities of hockey skills  
Duties and responsibilities of umpire, umpiring signals, score sheet

**UNIT-IV**

Tactical preparation- Attacking & defensive tactics, their kinds & principles, game strategies- system of play  
Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

**UNIT-V**

Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching  
Physical fitness and playing ability test related to hockey, nutritional requirement of the players.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Drills to improve basic skill-hitting, receiving, shooting at goal post passing
2. Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal
3. Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack
4. General and specific exercise for warming up and cooling down
5. Umpire's Signals
6. Score sheet
7. Construction of a hockey field
8. Teaching of basic skills
9. Conduct of a hockey tournament
10. Evaluation of Team/Player

**SUGGESTED READINGS**

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Thani Y(2002). Coaching Successfully Hockey. Sports Publication. Delhi.

**Semester II**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – JUDO****UNIT-I**

Important motor components, Structure and process of improvement of performance

**UNIT-II**

Principles of training load and various training methods, Causes, symptoms and management of overload

**UNIT-III**

Long term and short term panning, main and build-up competitions, Preparation of training schedules, Tactical efficiency

Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts

**UNIT-IV**

Fitness tests, Skill tests, Knowledge tests, Assessment of performance for better efficiency or performance analysis Means, methods and process of classroom teaching, Preparation of teaching lesson-plans : characteristics and principles, Different stages/phases of technique learning/teaching, their applications and principles, Use of teaching aids

**UNIT-V**

Coaching a team, Organising a competition , Officiating in a competition, Conducting a workshop/seminar/clinic Guidelines for preparing a coaching lesson in Judo, Preparation of coaching lesson-plans, Use of teaching aids

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Practical applications of techniques and tactics
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons
5. Planning for competitions
6. Organisation of a competition/seminar/workshop/clinic
7. Project on research in judo/record of events
8. Coaching lessons

**SUGGESTED READINGS**

- Caffary B (1992). Skilful Judo. A & C Black London.
- Dando J (1994). Play The Game Judo. Blandford Great Britain.
- Harrison EJ (2002). Coaching Successfully Judo. Sports Publishers. Delhi.
- Holme P (1995). Get to Gripe With Judo. Blandford. London.
- Holme P (1996). Competition Judo. Ward Lock. London.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Kumar M (1994). Action Judo. Sport Publication. Delhi.
- Marwood D (1995). Critical Judo. A.I.T.B.S. Pub. New Delhi.

**Semester II**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – KABADDI****UNIT-I**

Tactics &amp; strategies in Kabaddi, Individual, group and team tactics,

**UNIT-II**

Long - term and short term preparation for the decisive Kabaddi competitions, Psychological qualities and preparation of a Kabaddi player, Offensive system in play, Defense system in play, Raid and save pattern

**UNIT-III**

Diet and nutrition for a Kabaddi player

Duties and responsibilities of officials, Mechanism of officiating and scoring

**UNIT-IV**Principles of load and adaptation, Fatigue, recovery and super – compensation, Overload and its management  
Managing during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records**UNIT-V**

Ankle sprain, foot injuries, shoulder dislocation, knee displacement, wrist displacement, Preventive and safety measures, First-aid &amp; Rehabilitation

Facility management – quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
4. Game officiating

**SUGGESTED READINGS**

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi.
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS Publication. Patiala.

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – KHO-KHO****UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching , Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

**UNIT-II**

Long-term and short-term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Team system and tactical training, Offensive system in play, Defense system in play, Individual, group and team tactics, Diet and nutrition for a Kho-kho player, Coordination among the coach, doctor, psychologist and players

**UNIT-III**

Teaching progression & coaching tips

Duties and responsibilities of officials, Mechanism of officiating and scoring

**UNIT-IV**

Principles of load and adaptation, Fatigue, recovery and super compensation , Overload and its management Managing during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records, Facility management – quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

**UNIT-V**

Ankle sprain, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media, Writing press release and reports, Sponsor identification, fund raising, Building of player portfolio, preparing (drawing) a contract and understanding of laws

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating
4. General & specific warming-up
5. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
6. Game officiating

**SUGGESTED READINGS**

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

**Semester II**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2- VOLLEYBALL****UNIT-I**

Principles and objectives of coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

**UNIT-II**

Long - term and short - term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Offensive system in play, Defense system in play, Service and reception pattern , Individual, group and team tactics, Diet and nutrition for a volleyball player, Coordination among the coach, doctor, psychologist and players

**UNIT-III**

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management Duties and responsibilities of officials, Mechanism of officiating and scoring

**UNIT-IV**

Teaching of volleyball skill - preparing a lesson plan, Specific training methods for different positions Managing during competitions, Information and publicity concerning the competition, Facility management – quality control of equipment and player's kit, Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

**UNIT-V**

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation  
Teaching progression, Coaching points, Event identification and profile development of the event, Writing press release and reports

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating
4. General & specific warming-up
5. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Agility Game officiating

**SUGGESTED READINGS**

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Saggarr SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown

## Semester II

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – YOGA****UNIT-I**

Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

**UNIT-II**

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits &amp; utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi &amp; their psychological impact.

**UNIT-III**

According to yoga concept of normality, according to modern psychology, concept of personality &amp; its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression

Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

**UNIT-IV**Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21<sup>st</sup> century

Different techniques of meditation and their practice prekha, vipashyana and different chakras

**UNIT-V**

Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga

Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICALS**

1. Repetition of syllabus of Semester-I
2. Tests of flexibility, concentration, VO<sub>2</sub> max., balance
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons
5. Planning for a Yoga competition
6. Organisation of a Yoga competition
7. Project on researches in Yoga
8. Officiating in Yoga competitions
9. Coaching lessons

**SUGGESTED READINGS**

- Anand OP (2001). Yog Dawra Kaya Kalp. Sewasth Sahitya Perkashan. Kanpur.
- Sarin N (2003). Yoga Dawara Rogon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Ramas (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bharti (2000). Yoga, Polity.Economy and Family.Sadhana Mandir Trust.Rishikesh.



**Semester II**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**GYMNASTICS (Compulsory)****Unit-I**

Brief history of gymnastics with special reference to India,

Fundamental skills:-

**Men****Floorexercise**

Forward roll  
 Backward roll  
 Handstand  
 Cartwheel  
 Hand stand to forward roll

**Women****Floor exercise**

Forward roll  
 Backward roll,  
 Handstand  
 Cartwheel  
 Leg Split

**Unit-II****Parallel Bars**

Under Arms swing Upper Arms Support Position  
 Turn)  
 Perfect swing  
 Shoulder stand to roll forward  
 Front or backward swing to the side (dismount)

**Balancing Beam**

Turning movement on the beam (90° Turn, 180° Turn & 360°  
 Cat jump, Tuck Jump, Stretch Jump, Pike Jump  
 Different kinds of scales( forward, Backward and sideward)  
 Mount (1/4 turn to cross sitting)  
 Dismount (Jump from the end of the beam with leg straddle in  
 the air) and landing on ground with legs together

**Table Vault**

Squat Vault/ stoop vault  
 Squat vault

**Table Vault**

Straddle vault/ Stoop Vault  
 Straddle vault

**Unit-III****Roman Rings**

Perfect swings  
 Back Uprise  
 Inlocation with bent body  
 Shoulder stand  
 Straddle Dismount

**Uneven Parallel Bars**

different kinds of grips  
 back turn over (Mount)  
 Fraddle Dismount  
 straddle circle forward and backward  
 Back hip circle forward and backward  
 Hip circle forward

**Unit-IV****Horizontal Bar**

Perfect swing on horizontal bar  
 Back Turn over to Mount  
 Back Hip circle  
 Hip Circle Forward  
 Fraddle dismount

**Pommel Horse**

Shifting of Grips  
 Swing  
 Scissor (forward)  
 Single Leg Circle  
 Single leg circle from uneven support to dismount sideways.

**Unit-V****Men & Women-** Important competitions at National, International levels, Fundamental skills:-

- Evaluation of 20 points in Artistic.
- Duties and Functions of Gymnastics.
- Regulation, Duties and –Right of Gymnastic.
- Type of Gymnastics
- Types of Competition.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

**Practical (28 Hours)**

Exercises:-

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

**SUGGESTED READINGS**

- Book-1: Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Book-2: Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Book-3: Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Book-4: Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
- Book-5: Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
- Book-6: Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Book-7: Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Book-8: Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Book-9: Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Book-10: Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.
- Book-11: Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Book-12: Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.
- Book-13: Brown and Wardell (1980). Teachign and Coaching Gymnastics for Men & Women. John Wiley & Sons.

**Semester II**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**ENVIRONMENTAL/ENGLISH/MIL COMMUNICATION**

(To be provided by University of Delhi)

**Semester III**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**PHYSIOLOGY OF EXERCISE****UNIT 1: Fundamentals And Neuromuscular Function**

CHAPTER 1: The Focus Of Exercise Physiology: Definition, Concept & its Significance in the field of Physical Education & Sports, Acute Physiological Response, Chronic Physiological Adaptation.

CHAPTER 2 : The Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle,, Sliding Filament Theory , Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system .

**UNIT 2: Energy & Hormonal Regulation**

CHAPTER 3: Bio-energetics : Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate.

CHAPTER 4: Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.

**UNIT 3: Cardiorespiratory System And Training Adaptation**

CHAPTER 5: Cardiovascular Function During Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation.

Chapter 6: Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

**UNIT 4: Body Composition**

Chapter 7: Understanding Body Composition, Obesity and its causes.

Chapter 8: Weight Management, Various methods of Assessing Body Composition, BMI, WHR.

**UNIT 5: Environmental Aspects Of Sports Performance**

Chapter 9: Exercise in the Heat & Cold: Physiological changes associated with exercising in the heat and cold,

Chapter 10: Exercise in the High Altitude: Physiological Response to exercising in the High Altitude

**PRACTICAL:**

1. To assess the Resting Heart Rate and Blood Pressure of the subject.
2. To administer the Harvard Step test.
3. To measure vital capacity using Spirometer.
4. To assess the Body Mass Index of a given subject.
5. To assess the Waist Hip Ratio of a given subject.
6. Various methods of Assessing Body Composition
7. To assess BMR.

**REFERENCES:**

Jack .H. Wilmore , David L. Costill (1994). Physiology of Sport and Exercise .Human Kinetics.  
 Katch F.L and Mc Ardle W.D (2010) Nutrition, Weight Control and Exercise .Philadelphia, Lea & Febiger.  
 Allen W. Jakson , James R. Morrow (1999) Physical Activity for Health & fitness . Human Kinetics.  
 Tiwari, Sandhya, (1999).Exercise Physiology.Sports Publications  
 David N. Camaione > (1993). Fitness Management.WCB Brown & Benchmark.

**Semester III**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

***SPORTS AND EXERCISE PSYCHOLOGY*****Unit-I: Introduction to Psychology and its Biological Basis**

- 1.1 Introduction to General Psychology
- 1.2 Structure of Neuron and its function.
- 1.3 Role of Sensation and perception.
- 1.4 Principle of Perception.
- 1.5 Role of Perception in Physical Education

**Unit-II: Introduction to Sporty Psychology & Development**

- 2.1 Fundamentals of Growth and Development (Infancy, Childhood, Adolescence, Adulthood)
- 2.2 Definition, Scope and Importance of Sports Psychology
- 2.3 Goals of Sports Psychology
- 2.4 Ethical Principle for practicing.

**Unit-III: Learning and Personality Concepts**

- 3.1 Learning - Concept and Principles of Learning, Learning Curve
- 3.2 Types of Learning, Transfer of Training in Sports
- 3.3 Personality - Meaning of Personality, Factors Affecting Personality
- 3.4 Theories of Personality (Trade, Type, Humanistic Big Five)
- 3.5 Development of Personality; Relationship of Personality with Sports Performance

**Unit-IV: Motivation & Emotions**

- 4.1 Emotion, Anxiety and Stress Management in Sports
- 4.2 Motivation: Concepts of Motivation, Types of Motivation, Role of Motivation in Sports
- 4.3 Concepts of Incentive, Achievement

**Unit-V: Sports Psychology Related Concept**

- 1.1 Concepts of Positive Thinking and Positive Attitude
- 1.2 Self Esteem, Self concept
- 1.3 Concept of Sporty Psychology Intervention (Long Term & Short Term Preparation, Psycho regulated techniques, imaginary

**PRACTICAL: 25 Marks**

1. Demonstrate the technique of Progressive Muscle Relaxation using a partner.
2. Select a sportsperson from your college teams, analyse her /his personality, and correlate with performance.
3. Apply the technique of positive thinking and motivation to improve her/his performance. Write a report on the outcome.
4. Assessment of motivation, personality anxiety, self concept, self esteem (Any two)

**SEMESTER CREDITS FOR THE PAPER = 6 CREDITS**

- The entire course Part A, B & C will be conducted through teaching students 7 periods per week; 4 theory periods, 2 practical periods and 1 tutorial.
- Each period will be of 55 minutes.
- 1 Credit per theory period per semester – 4 theory periods per week x 13 weeks = 4 credits
- 1 Tutorial per week per semester – 1period x 13 weeks = 1credits
- 2 Laboratory hours per week per semester –2 period of practical x 13 weeks = 1credits

## **SUGGESTED READINGS**

### **THEORY**

1. Covey, S. (1989) **7 Habits of Highly Effective People**, Covey Publications, USA
2. Kaushik, S. and Shaw, D. (2000) **Sharirik Shiksha Mein Paath Niyojan Va Shikshan Paddhhati Ke Siddhant** (New Delhi : Friends Publications).
3. Kumar, Pradeep, (2007) **Historical Development of Track and Field**. Friends Publications, New Delhi.
4. Leunes, A. and I.R. Nation (2001) **Sports Psychology (with InfoTrac)**. Wadsworth.
5. Magill, R.A. (2004) **Motor Learning and Control: Concepts and Applications**, McGraw Hill, New York, USA.
6. Sandhu, K.,(2006) **Trends and Developments in Professional Preparation in Physical Education** (New Delhi : Friends Publication).
7. Shaw, and Kaushik, (2001) **Lesson-Planning, Teaching Methods and Class-Management in Physical Education** (New Delhi : Khel Sahitya Kendra).
8. Siendentop, P. (2003) **Introduction to Physical Education, Fitness & Sports**. McGraw Hill, New York, USA.

### **PRACTICAL**

9. Martin, G.L. (2003) **Sports Psychology-Practical Guidelines from Behaviour Analysis**. Sports Press, Winnipeg, Canada.
10. Schmidt, R.A. and C.A. Wrisberg (2004) **Motor Learning Performance**. Human Kinetics, Champaign, Illinois, USA.

**Semester III**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

***GAME OF SPECIALIZATION (Minor-1): MODULE-1***

**Note:** The students are required to select another Game of Specialization as their minor game other than their major Game selected under DSE-1. The details of course contents for Module-1 are same as described under DSE-1 common for Major or Minor Games.

**Semester III**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**YOGA (Compulsory)****UNIT- I**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

**UNIT- II**

Historical development of yoga in India.

Types of Yoga:-Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

**UNIT- III**

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

**UNIT- IV**

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects.

**UNIT- V**

Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**PRACTICAL**

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana
2. Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhrumari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, mool bandha

**SUGGESTED READINGS**

- Day P.(1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M( 2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala.Bombay.
- Pande P. K. and Pramanik Tarak Nath
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends. Delhi
- Shanti KY(1987). The Science of Yogic Breuthiay (Pranayana). D.B.Bombay.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends. New Delhi
- Sharma JP(2007). Manav jeevan evam yoga. Friends Pub.New Delhi.
- Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends.Delhi.
- Singh MK And Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.
- Vyas SK(2005). Yog Shiksha Khel Sahitya Kendra.Delhi.



**BODY CONDITIONING (MODULE-3) AEROBIC ACTIVITY-1**

| <b>S. No.</b> | <b>Component</b>         | <b>Activities</b>   |
|---------------|--------------------------|---|
| 1             | Cardiovascular endurance | Long distance running   |
| 2             | Strength                 | Weight training with own body weight and with dumbbells             |
| 3             | Flexibility/ Agility     | Stretching with partner/Without partner and other related exercises |

**Note: The conditioning programme can be modified according to the requirement of the students.**

**Semester III**

Max. Marks =50

Time allowed: 3Hrs

**HINDI/English**

Syllabus from B.A. Programme of Delhi University

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

**Semester IV**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION****UNIT-I**

Introduction to test, measurement and evaluation and their importance in the field of physical education

Test constructions:- a) general consideration b) physical fitness/ efficiency test

**UNIT – II**

Meaning and importance of statistics in the field of physical education, “population” and “sample” “random sampling”

Meaning of data, kinds of data- continuous and discrete Frequency distribution, construction of frequency tables, mean, median and mode.

**UNIT –III**

Measures of variability range, quartile, deviation, standard Deviation, co-efficient of variation

Normal probability curve and meaning, uses its principles, Diagrammatic represent action

**UNIT-IV**

Physical fitness testing: components of physical fitness

Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardiopulmonary test:

Endurance Test, Harvard step test.

**UNIT-V**

Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac.

Measurement of skills, games and sports-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Construction of a physical fitness test.
2. Construction of a frequency distribution table from the given data
3. Construction of a percentile chart from the given data of mean and standard deviation
4. Measurement of VO<sub>2</sub> max by Harvard step test.
5. Measurement of sports skills included in theory course.

**SUGGESTED READINGS**

- Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
- Balyan Sunita (2006). Sharirk Shiksha main Parikshan evmn maapan. Khel Sahitya. Delhi.
- Barrow & McGee's Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
- Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2012). A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi.
- Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.
- Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi
- Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.
- Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

## Semester IV

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**METHODS OF TEACHING IN PHYSICAL EDUCATION****UNIT I**

Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.

Meaning and need for methods, factors effecting teaching method.

**UNIT II**

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation

Techniques of presentation: personal and technical preparation.

**UNIT III**

Class management: techniques, formations, command (types and techniques) factors effecting class management

Lesson Plan: Need, construction, Introduction development, skill/recreation

**UNIT IV**

Qualification and qualities of a coach, Personnel in physical education/sports.

Teaching Aids: Need and Importance, Types of teaching aids.

**UNIT V**

Fundamental skills: athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, Kho-Kho, volleyball and Judo, Yoga Assanas, Grounds: Preparation and marking of standard play areas, courts and track.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Teaching of fundamentals skills
2. Teaching Aids
3. Demonstration of fundamentals skills
4. Grounds
5. Preparation of lesson planning and skill

**SUGGESTED READINGS**

- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8<sup>th</sup> Ed. McGraw Hill, USA.
- Gupta R. (2010). Sharirik Shiksha Mein Shikshan Pradhyogiki. Friends Publication. New Delhi.
- Gupta R. Kumar P. and Sharma D.P.S. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. and Sharma D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. and Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
- Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.
- Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Sangthan Avum Prashashan. Sports. New Delhi.
- Wrisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champaign. Illinois. U.S.A.

**BODY CONDITIONING (Module-1) AEROBIC ATCIVITY-2**

| <b>S. No.</b> | <b>Component</b>                  | <b>Activities</b>   |
|---------------|-----------------------------------|---|
| 1             | Strength                          | Medicine ball exercises, Gymnasium                            |
| 2             | Flexibility/ Agility              | Ballistic exercises, PNF Method, Slow stretch and hold method |
| 3             | Speed (related to specific games) | Sprints, Pace running, recreational games                     |

**Note: The conditioning programme can be modified according to the requirement of the students**

**Semester IV**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**OPTIONAL PAPER – (a) PHYSICAL GROWTH & DEVELOPMENT****Unit-I**

Introduction-Meaning and definition of growth, development, difference between the process of growth and development, factors affecting growth and development Stages of growth & development:-Pre-natal and Post natal growth and development, growth curves, milestones of development

**Unit-II**

Methods of studying physical growth:-General Patterns of growth in different tissues & systems, longitudinal and cross-section study of growth and development, mixed longitudinal study Sex differences in physical growth & development:- general differences in male and female patterns of growth and development.

**Unit-III**

Distance and velocity curves of physical growth in height and body weight in males and females. Changes in physiological and motor development during adolescent growth period Development age:-difference between calendar and developmental age, calculation of calendar age and developmental age, types of developmental age-skeletal age, dental age, secondary sex character age, shape age, early, average and late maturing pattern of growth and development.

**Unit-IV**

Prediction of adult size and shape:-relation between skeletal measurements like body weight with parents and adult status of height with one's own height at childhood, basis of prediction of adult status at preadolescent age Important factors for predicting- adult body weight: - age levels of growing individuals for accurate prediction of adult body stature in males and females, percentiles of body weight, growth norms specificity and accuracy of prediction at pre-adolescent age, factors disturbing accurate prediction during adolescent years.

**Unit- V**

Growth and development in various domain of development-physical growth, cognitive (mental) growth, emotional development Physical and Psychological growth & development:- relation between physical growth of brain and intellectual ability. Relation between growth and emotional development, growth and development in body form: types of physique and age changes.

**Practicals:-**

- To measure body height & weight.
- To measure skeletal diameters i.e. biacromial diameter, bicristale diameter, humerus bicondylor , wrist diameter, femur bicondylor, ankle diameter
- To measure trunk circumferences namely chest circumferences-minimal, normal & maximal in males abdominal circumference at naval in both males & females
- To measure limb circumference upper arm. Fore arm, thigh and calf
- To demonstrate the general method of measurement of skinfolds alongwith the specification of skinfold calipers.
- To measure important limb skinfolds namely biceps and triceps skinfolds
- To measure important trunk skinfolds namely sub-scapular, mid-axillaries, chest and suprailiac skin fold
- To predict body fat from skin fold measurements
- To calculate body composition i.e. lean body mass and body fat percentages from skin folds from the given values of skin folds
- To draw distance curves of height and weight from the given values

**Suggested Readings:**

- Day J AP (1986). Perspectives in Kinanthropometry. The 1984 Olympic Scientific Congress Proceedings. Volume I. Human Kinetics Publishers. Champaign. Illinois. USA.
- Gallahue DL and JC Ozmun (1998). Understanding Motor Development- Infants, Children, Adloscents and Adults McGraw Hill Company Boston. USA.
- Gallahue DL (1993). Developmental Physical Education for Today"s Children WCB. Brown & Benchmark. Dubuque Indiana. USA.
- Harrison GA, JS Weiner JM Tanner and NA Barnicot (1984) Human Biology Clarendon Press. Oxford.London.
- ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
- Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi

## Semester IV

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**OPTIONAL PAPER – (b) SPORT JOURNALISM****UNIT-I INTRODUCTION**

- 1.1 Meaning, scope and changing trends of journalism in sports
- 1.2 Role of journalism in sports promotion & vice - versa
- 1.3 Historical development & role of print and electronic media in sports promotion
- 1.4 Media, ethics and responsibilities of journalist & editor (social, legal and professional)

**UNIT-II WRITING SKILLS FOR MEDIA**

- 2.1 Language – vocabulary, spellings, figure of speech , dialect, grammar, punctuation
- 2.2 Sports terminators and its use
- 2.3 Fundamentals of a sports story/ news
- 2.4 News – types, curtain – raiser, advance follow – up, news – analysis, box news
- 2.4 Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills

**UNIT-III ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA**

- 3.1 Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
- 3.2 Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.
- 3.3 Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports
- 3.4 Development and maintenance of sports / personal library
- 3.5 Statistics, records and computers in sports

**UNIT-IV EXTENDED RELEVANT DIMENSIONS**

- 4.1 Theory and principles of advertising in sports
- 4.2 Public relations in sports, press release, conferences
- 4.3 Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics
- 4.4 Sports photo feature and writing captions of photos
- 4.5 Introduction to photo journalism in reference to sports

**UNIT-V RESEARCH TRENDS AND FUTURE DIRECTIONS IN SPORTS JOURNALISM**

- 5.1 Process of news paper publishing and management
- 5.2 Olympics and sports journalism
- 5.3 Research tools for developing a sports story
- 5.4 Introduction to various types of information technology
- 5.6 Satellite communication: use of satellite in radio and T.V. communication for sports information

**Practicals:-**

- Writing reports of sports events
- Writing features on sports
- Designs and make-up of sports page
- Editing sports report
- Collecting information about current affairs on sports

**Suggested Readings:**

- Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A.
- Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.
- Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
- Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
- Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi

## Semester IV

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**OPTIONAL PAPER – (c) BALANCED EDUCATION****Unit 1**

**Balance Education:** Introduction, Meaning, definition, Significance, Aims & Objectives; Components- Health; Wealth; Physical Fitness, Wellness; Longevity Success; Happiness approach. Components of BE as Body, Mind, Intellect, Heart, Social, Spiritual, Environment and Genetics etc.

**Unit 2**

**Health :** Introduction, Meaning, Definition of Positive & Negative Health; Relation to Fitness, Illness, Wellness Continuum, Personality; Components of Health-Physical, Emotional, Mental, Spiritual, Social, Environmental, Genetic, Interdependence of health on sound body, mind, heart, soul, environment, genetics; wholistic nature of health with examples of all components role on each component concept of divisions for convenience of understanding. Goal setting, Decision making for healthy behaviours; Analysing information, Awareness to current status, Measurement & management of Health.

**Unit 3**

**Wealth:** Introduction, Meaning, Generation by work for all, Relation to MDG-2015; Right to Work, Equality, Occupational Skills; Vocational decision making, Goal Setting, Application of knowledge and enriching knowledge for progress harmony and development.

**Unit 4**

**Physical Fitness & Wellness :**Introduction, relation to health, Definition, health related physical fitness and its components, skill related physical fitness and its components exercises to improve and maintain physical fitness with physical fitness technology and principles of development of physical fitness.

**Wellness :**Introduction, meaning, definition, components, development of wellness prevention of illness, Measurement & management of Wellness.

**Unit 5**

**Longevity, Success & Happiness:** Introduction, Meaning, Definition, age, expected healthy years age; lifestyles and their impact on longevity. Measurement and management by change in behaviours.

**Success :** Introduction, Meaning, Definition, relation to best efforts and results, understanding the satisfactory level of success; goal setting, critical thinking and decision making with respect to success and performance.

**Happiness:** Introduction, Meaning, Definition, Concepts, relation to success; dependence on success, wealth, health etc. Acquiring happiness irrespective to possessions of health, wealth, fitness, role of genes & environment.

**PRACTICALS**

1. Measurement of body height, weight, BMI, and Pulse rate.
2. Demonstration of Meditation techniques.
3. Demonstration of the importance of man made and natural environment.
4. Demonstrations of healthy environmental choices with the help of meditation, exercise and nutritional habits.
5. Demonstrate management of wellness.

**BOOKS RECOMMENDED**

1. Anspaugh, D.J., M.H. Hamrick & F.D. Rosato (2005). Wellness: Concepts and Application. McGraw Hill, USA.
2. Chopra, D. (1994). The Seven Spiritual Laws of Success. Amber-Allen Publishers, New World Library, New Delhi.
3. Covey, S.R. (2004). The Eighth Habit: From Effectiveness to Greatness. Franklin Covey Co., USA.
4. Kansal, D.K. (2013) Wholistic Personality Development. Sports & Spiritual Science Publications, New Delhi.
5. Kansal, D.K. (2015) Balanced Education , Sports & Spiritual Science Publications. In Press.
6. Loehr, J. And T. Schwartz (2003). The Power of Full Engagement : Managing Energy, not Time, Is the Key to High Performance and Personal Renewal. Free Press Paperbacks, New York, USA.



**Semester IV**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**ORGANIZATION AND ADMINISTRATION****Unit-I**

- 1.1 Introduction, Meaning, Definition, Scope and importance of Organization and Administration.
- 1.2 Introduction, Meaning, Definition and importance of Intra-mural and Extra-mural.

**Unit-II**

- 2.1 Types of Organization and Administration; function of organization and administration.
- 2.2. Principles of Organization and Administration.

**Unit-III**

- 3.1 Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers.
- 3.2 Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.

**Unit-IV**

- 4.1 Tournaments/Competitions and types.
- 4.2 Fixture, types of fixture and seeding.

**Unit-V**

- 5.1 Time table : Meaning, concept, importance and principles of construction of time-table.
- 5.2 Factors effecting in construction of Time-tabe.

**Practical:**

1. Conduct & officiating in competitions
2. Mark a circle, D- area, Square, Rectangle, Triangle in regards to the respective game.
3. A perpendicular bisector
4. Using of whistle; for various situations in game/sport
5. Making of respective play field court/ground.
6. Write a report base on visit to any sports facility.

**Note:** Evaluation will be done on the basis of practical examination of the activities taught.

**References:**

- Alliance, A; Physical Best Activity Guide, New Delhi, 1999.
- Dheer, S. and Radhika; Organisation and Admn. ofPhysical Edu., ND: Friends Pub., 1991.
- Frost, R.B. and Others; Administration of Physical Education and Athletics, Delhi: Universal Book, 1992.
- Gangwar, B.R., Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub., 1999.
- Gangwar, B.R., Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub, 1999.
- Sharma, V.D., Physical & Health Education, ND: Asha Prakashan, 1993.
- Shaw, D & Kaushik, S: Lesson Planning: Technical Methods and Class Management, New Delhi: S.K., 2001.
- Singh, M.K., Shareerik Shiksha Main Sangtan, Prashashan, Avum Parvakshan. N.D. Friends Pub., 2007.

**ENGLISH/HINDI**

Syllabus from B.A. Programme of Delhi University

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

## Semester V

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**KINESIOLOGY & BIOMECHANICS****UNIT-I**

Meaning, aim & objectives, importance of kinesiology for physical education and sports

Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles

**UNIT-II**

Location & Action of Muscles at Various Joints:-

- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint
- b) Neck, trunk (Lumbar region)
- c) Lower extremity – Hip joint, knee joint, ankle joint

Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging

**UNIT-III**

Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

**UNIT-IV**

Meaning, aims, objectives and importance, types of motion, linear motion & angular motion

Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion

Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion

**UNIT-V**

Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium

Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Demonstration of planes & axes of a given movement
  - i) Determination of the location of muscles at various joints
  - ii) Shoulder girdle, Shoulder joints, Elbow joint
  - iii) Hip joint, Knee joint, Ankle joint
2. Muscular analysis of the techniques of game of your specialization
3. Determination of centre of gravity of a Bat/Racket (Suspension method)
4. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve.

**SUGGESTED READINGS**

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Saunders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Oatis, C.A. (2008). Kinesiology. 2<sup>nd</sup> Ed. Lippincott, Williams & Wilkins, USA.

## Semester V

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**SPORTS & EXERCISE NUTRITION****Unit-I**

Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions requirements in normal health conditions.

**Unit-II**

Energy metabolism-MBR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.

**Unit-III**

Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.

**Unit-IV**

Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration.

**Unit-V**

Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Determination of energy expenditure in sports and exercise using various methods.
2. Calculating total day's energy intake and energy expenditure and evaluating state of energy balance.
3. Meal planning for regular training-endurance and strength sport activities.
4. Diet planning for adult man and women.
5. Planning Pre-event meal and liquid meal.
6. Planning Post-event meal, high energy meal.
7. Planning diet for weight loss.

**Essential Reading :-**

1. Practical Applications in Sports Nutrition Finic HH et al (2006), J & B Publisher, USA.
2. Handbook of Sports Nutrition, Lal PR (2009) Friends Publication.

**SUGGESTED READINGS**

- Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
- Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
- Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
- Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
- Clark, N. (2008). Sports Nutrition. 4<sup>th</sup> Ed. Human Kinetics, USA.
- Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
- McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3<sup>rd</sup> Ed. Lippincott Williams and Wilkins, USA.
- Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
- Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A.

## Semester V

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

***GAME OF SPECIALIZATION-3(MINIOR-2): MODULE-1***

**Note: The course contents of Game of Specialization Module-1 have already been described in course number DSE-1. The students are requested to select second minor game other than that selected as DSE-1 & DSE-3.**

**MASS DEMONSTRATIONS ACTIVITIES (Module-1)**

I – Exercise of Display (Freehand.)

II – Exercise with dumbbells.

III – Exercise with wands.

**With Apparatus:****(a) LIGHT APPRATUS SKILL**

| <b>APPARATUS</b>       | <b>EXERCISES</b>     |
|------------------------|----------------------|
| 1. Dumbbells drill     | 1. Standing Exercise |
| 2. Wand Drill          | 2. Jumping Exercise  |
| 3. Indian Club or Jodi | 3. Moving Exercise   |
| 4. Any other skills    |                      |

Note: In this activity student should practice the orders and counting of different apparatus.

**(b) LEZIM**

1. Four counts, eight counts and double jump.

**Without apparatus:**

- (a) Free hand exercises, Pyramids, formations, etc.

**Suggested Readings:**

- Andin, C.T. (1985) Organization and management of Physical education and sports. Rex Book Store, USA
- Mojumdar, R.M. (2009) Basic of Physical Education and Sports. Lakshay Publications, New Delhi.

**OPTIONAL PAPER- (a) SPORTS FOR ALL****UNIT-I**

INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts; Personality :- aims, goals, objectives, Test, Measurement, Evaluation.

Motivation towards Sports; Introduction to Sports for fitness, fun, competitions, Health, rehabilitation.

(10 Lectures)

**UNIT-II**

SPORTS FOR FITNESS: Meaning and definition; Components of health related Physical Fitness.

Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness with Sports participation.

(10 Lectures)

**UNIT-III**

SPORTS FOR FUN: Meaning & Definition of fun, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.

SPORTS FOR COMPETITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions.

(10 Lectures)

**UNIT-IV**

SPORTS FOR HEALTH: Meaning and Definition of Health; Diagnosis of ill-health, Preventive health measures and sports; Treatment of ill health and Sports.

SPORTS FOR PHYSIOTHERAPY : Meaning and Definition of Physiotherapy & Handicap. Exercise and Sports participation for physiotherapeutic use. Testing of physiotherapeutic progress.

(9 Lectures)

**UNIT-V**

SPORTS FOR CHALLENGED POPULATIONS : Introduction, Meaning and definitions of different challenged populations : Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations.

SPORTS FOR FIGURE & PERSONALITY: Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.

(9 Lectures)

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Demonstration of warming up, exercise main activity and cool down periods with one experimental work each for outdoor and indoor Sports Activities.
2. Measurement of Body Weight and Height. Equipment needed, procedure and calculation of Body Mass Index (BMI) as well as recommended norms and interpretation of BMI for different Sports Persons.
3. Measurement of waist circumference and Hip Circumference enlisting equipment, procedure, calculation of waist-hip Index with explanation to Pear form and Apple form of Waist-Hip appearance.
4. Measurement of Flexibility: Sit & Reach Test, Hip Bend & Toe Touch.
5. Measurement of Strength: Leg Raise Test, Sit-up ability Test, Grip Strength.
6. Measurement of Muscular Endurance: Bench Jumps, Sit-ups, Knee Bends, Push ups, Pull ups.
7. Measurement of Cardio-Vascular Endurance: One Mile Run-Walk Test; H.S.T.
8. Demonstration of differences of body types in different Sports.
9. Diagnosis of Ill Health Components: B.P., Obesity, Blood Haemoglobin

**SUGGESTED READINGS**

- Bhatnagar DP. SK Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society. Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.
- Corbin et.al. (2006). Fitness & Wellness-Concepts. McGraw Hill. Publishers. New York.U.S.A.
- Gopalan GB Sastri VR and. Balasubramanian SC (2004). Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR). Hyderabad-500 007.
- Jensen C. and Naylor J. (2005). Opportunities in Recreation and Leisure Sports. McGraw Hill. Publishers. New York.U.S.A.
- Kansal DK (2008). Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi.
- Singh S.P.S. and Malhotra P (2003). Anthropometry. Human Biology Department. Punjabi University. Patiala-147 002 (India).

## OPTIONAL PAPER- (b) WHOLISTIC PERSONALITY DEVELOPMENT

### UNIT-I

Introduction to Personality & holistic Personality, Meaning and Definition of Personality & holistic Personality. Introduction to the acronym CAKE (Commitment to Application of Knowledge Existing). Components of holistic Personality in relation to existing knowledge on personality and character building. PEST-MOVES (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels.

(8 Hours)

### UNIT-II

Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality.

Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background measurement of personality. The acronyms MEN (Meditation, Exercise & Nutrition). Understanding physical growth and development.

Switching on the favourable genes and switching off the unfavorable and undesired genes. Anatomical, Biochemical, Physiological pattern of physical growth and development of different body tissues.

(8 Hours)

### UNIT-III

Personality and Wellness: Introduction to wellness, relation of wellness and personality. Components of wellness, health, physical fitness, behaviour, behaviour change method, understanding self-responsibility for one's wellness. Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development.

(9 Hours)

### UNIT-IV

Mental Personality: Introduction, Meaning and Definition of Mental Personality. Type A, B and C personality characteristics. Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality Traits. Affective personality and its development.

(8 Hours)

### UNIT-V

Spiritual Personality Development: Introduction, Meaning and Definition of Spiritual Personality. Quick fix and long term foundation of Spiritual Personality Development.

Heredity and Environment: Introduction to Heredity and Environment in relation to personality development. Understanding the acronym HELP-HELP.

(9 Hours)

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking at least one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

### Practicals (28 Hours)

1. Measuring self responsibility by questionnaire method of 24 hours recall method.
2. Measurement of holistic personality of self and others.
3. Personality development prescription to type A, type B and type C mental personality people.
4. Application of HELP-HELP and MEN Acronyms.
5. Personality measurement from fitness and from wellness variables.

### Essential Readings :-

1. Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi

### SUGGESTED READINGS

1. Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.
2. Callohan L. (2002). The Fitness Factor. The Lyons Press. Guilford. Connecticut. U.S.A.
3. Covey SR (2004). The 8<sup>th</sup> Habit. Franklin Covey Co., Running Press Book Publishers. Philadelphia. Pennsylvania. U.S.A.



**OPTIONAL PAPER- (c) RESEARCH METHODOLOGY & STATISTICS****UNIT-I**

Definition and meaning of Research,

Nature of Research

Types of Research (Analytical Research, Descriptive research, Experimental research, Qualitative Research)

Basic Research and Applied research

**UNIT-II**

Identifying or Locating of the Problem, Criteria in selecting a Research Problem, Delimitation of a problem

Limitation of a Problem, Hypothesis and it's formulation.

**UNIT-III**

Reasons for surveying related literature

Literature Sources including electronic data bases.

**UNIT-IV**

Definition and meaning of Statistics, Need of Statistics, Importance of statistics in Physical Education and sports

Types of Data, Population and Sample, Types of Sampling Techniques

Measures of Central Tendency (Mean, Median and Mode), Numerical problems to be solved from raw data.

Measures of Variability (Range and Standard Deviation), Numerical problems to be solved from raw data.

Correlation (Product moment correlation) and T-test (Independent T-test). Numerical problems to be solved from raw data.

**UNIT-V**

Preparation of the Research proposal (Synopsis)

Organization of the thesis report: Title page, Certificate page, Dedication page, Resume of the candidate, Table of Contents, List of tables, List of Illustration, Chapters of Thesis (Introduction, Review of Related Literature, Methodology or Procedure, Analysis of the Data and the Results of the Study, Summary, Conclusion and Recommendation), Appendices, Bibliography.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

**SUGGESTED READINGS**

David H. Clarke and Clarke Harrison H. Research Process in Physical Education (1984). New Jersey: Prentice Hall INC. Englewood Cliffs.

Thomas Jerry R. and Nelson Jack K. Research Methods in Physical Activity (2005). Champaign IL: Human Kinetics Publication.

**Semester V**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**FITNESS & SPORTS SKILL TESTING****Unit- I**

Definition of fitness & skill, Components of fitness & skill, Benefits of exercise & health, Fitness & skill strategy, Fitness potential for popular sports, Fitness activities, Role of parents & community for the maintenance of fitness & wellness.

**Unit- II**

Selection of machines for various parameters of health, Fitness centre, Safety in gymnasium & sports field, Clothing & accessories, Carriers in fitness & wellness.

**Unit- III**

Test, measurements & evaluation of fitness components, Cardiovascular endurance, Muscular strength, Muscular endurance, flexibility, body composition, agility, balance, co - ordination, speed, power, reaction time.

**Unit- IV**

Assessment prior to fitness & wellness prescription, Principles of training, Training methods Diet prescription, Exercise prescription, Prescription for life style changes, Weight management.

**Unit- V**

Prevention of diseases through fitness & wellness, Diabetes & exercise, Cardiovascular diseases and exercise, Ageing and exercise, Addiction management- sustains abuse controls Stress management, Spiritual management.

**Practicals:**

Tests of the motor components:

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition
- Agility balance
- Co- ordination
- Speed, Power
- Reaction time

**Suggested Reading:**

- Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you look, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

**Semester VI**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**FUNDAMENTALS OF SPORTS TRAINING****Unit-I**

Importance, definition, Aim and objectives, Characteristics &amp; Principles of Sports training

TRAINING LOAD, ADAPTATION AND RECOVERY: Concept of load &amp; Adaptation and Factors affecting of load and adaptation

**Unit-II**

STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) &amp; Determining Factors affecting strength performance, Methods of strength training

ENDURANCE: Definition and significance of endurance, forms of endurance, Determining Factors affecting endurance, Methods to develop endurance

**Unit-III**

SPEED: Definition, Forms &amp;, factors determining speed, Methods to develop speed abilities

FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

**Unit-IV***TECHNICAL PREPARATION: Definition and meaning of technique, skill and style*

Technique training &amp; its implication in various phases;

Technique tactics and strategical planning

**Unit-V**

Periodization : Need &amp; types of periodization

Competition: Preparation for competition, number &amp; frequency, important factors of competition preparation.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Measurement & assessment of various Bio-motor abilities- Speed, Strength, Endurance, Flexibility, Coordinative ability
2. Maximum Strength test, explosive strength test, strength endurance, back flexibility, lower & upper extremities test.
3. Cooper test & Harward step test to measure endurance.
4. Tests for coordinative abilities
5. Tests to measure and assess the load and exercise target Heart rate

**SUGGESTED READINGS**

- Baechle T R & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics. USA.
- Bompa. T.O. (1994). Theory and Methods of Training-A Key to Athletic Performance (3<sup>rd</sup> Ed.). Kandwall Hunt Publication Co.
- Bompa. T.O. and G. Gregory Hett. (2009) Periodization: Theory and Methodology of Training.
- Dick FW (1999). Sport training Principles. A and C Black. London.
- Knopf K (2008). Total Sports Conditioning for Athletes 50 + Ulyssesl Press. Berkeley. California. USA.
- Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
- Philipp A Joan and Wilkerson Jerry D (Joan A. Philipp & Jerry D. Wilkerson.
- Singh Hardayal (1991). Science of Sport Training. D.V.S Pub. Delhi.
- Thomas R. Baechle and Roger W. Earle, (2000).
- Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

**Semester VI**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**SPORTS AND EXERCISE MANAGEMENT****Unit-I**

- i) Meaning, concept and definition of sports management , Historical perspective of sports management in India
- ii) Nature and scope of sports management, Aims and objectives of sports management, skills of sports management.

**Unit - II**

- i) Guiding principles of sports management , Leaderships, Identification of resources
- ii) Process or function of Sports Management ( Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination)

**Unit –III**

- i) Definition and meaning of planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition , Inter college competition, National level Competition)
- ii) Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

**Unit – IV**

- i) Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation.
- ii) Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

**Unit- V**

- i) Tournaments/Competitions, Types of Tournaments, Fixture, Seeding.
- ii) Structure and functions of S.A.I., University Sports Council and A.I.U.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for part – A and 5 questions for Part – B taking one question for each part from each of the five units of the syllabus. The questions of Part – A shall carry 5 marks each and questions for Part – B shall carry 20 marks each. The student is required to attempt any 3 questions from Part- A and any 3 questions from Part – B.

**Suggested Readings**

- Allen, L.A. Management & Organization. Kogakusha Co. Tokyo, 1988.
- Hertz, Renis, New Patterns of Management, McGraw Hill, 1961.
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management
- Sivia, G.S. Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg, 1991.

**Practical**

- Prepare a draft for management of an intramural sports event.
- Prepare a draft for management of sports event (state, national and international level).
- Prepare a budget for setting up a gym/ fitness centre.
- Draft a proposal for procurement of equipments for a school/ institute.

## Semester VI

Max. Marks =50

Time allowed: 3Hrs

**MASS DEMONSTRATIONS ACTIVITIES (Module-2)**

I – Exercise of Display with Lazium.

II – Exercise of Display with hoops.

III – Exercise of Display with pyramid formation.

**With Apparatus:****(c) LIGHT APPRATUS SKILL**

| <b>APPARATUS</b>    | <b>EXERCISES</b>                  |
|---------------------|-----------------------------------|
| 1. Pole Drill       | 5. Standing Exercise              |
| 2. Hoop Drill       | 2. Jumping Exercise               |
| 3. Flag Drill       | 3. Moving Exercise                |
| 4. Any other skills | 5. Combination of these exercises |

Note: In this activity student should practice the orders and counting of different apparatus.

**(d) LEZIM**

2. Agepav, Pavitra, Morchal, HulHul palat and combination of these exercises.

**Without apparatus:**

(b) Free hand exercises, Pyramids, formations, etc.

**Suggested Readings:**

- Andin, C.T. (1985) Organization and management of Physical education and sports. Rex Book Store, USA
- Mojumdar, R.M. (2009) Basic of Physical Education and Sports. Lakshay Publications, New Delhi.

**Semester VI**

Max. Marks =150

Time allowed: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks Practical = 50 Marks

**COMPUTER APPLICATION IN PHYSICAL EDUCATION OR PROJECT REPORT/DISSERTATION****UNIT-I**

Introduction to computers, Components of computer- CPU, Input, output and storage devices.  
computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS

**UNIT-II**

Data and information concepts – bits, bytes, KB, MB, GB, TB.  
MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access

**UNIT-III**

Computer networks: Need and scope, classification: LAN, WAN, MAN, Client server technology.  
Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

**UNIT-IV**

Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols.  
Mobile commerce, Bluetooth and wifi, E-mail, Video conferencing.

**UNIT-V**

Computers and physical education: Need and scope of computer applications in physical education.  
preparations of lessons regarding physical education using computer.

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

**Practicals:**

To prepare test/lesson/data sheets using

1. MS Office
2. Spread Sheets
3. MS World
4. MS Excel
5. Power point

**SUGGESTED READINGS**

- Committee on Engaging Computer Science in Health Care (2009). Computational Technology for Effective Health Care. National Academic Press. U.S.A.
- Irtegov D. (2004). Operating System Fundamentals. Firewall Media.
- Milke M (2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall. India Pvt. Ltd.

**Dissertation / Project Report**

**The candidate is required to select a topic of his/her choice for the Dissertation and project. The Steps for Dissertation/Project Report that should be followed are given below:**

1. Analyzing the problem or topic.
2. Conducting extensive research.
3. Summarizing findings from the research investigation.
4. Recommending additional research on the topic.
5. Drawing conclusions and making recommendations.
6. Documenting the results of the research.
7. Defending conclusions and recommendations.

The original and copies of the thesis MUST include the following items **IN THE ORDER LISTED:**

1. Title Page.
2. Acknowledgment
3. Abstract
4. Table of Contents.
5. Introduction
6. Review of Related Literature
7. Procedure and methodology
8. Results and findings
9. Discussions, summary and conclusions
10. Bibliography / References.

## Semester VI

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (a) ADAPTED PHYSICAL EDUCATION****UNIT-I INTRODUCTION TO A DAPTED PHYSICAL EDUCATION**

- 1.1 Meaning and definitions
- 1.2 Aims and objectives
- 1.3 Need and importance
- 1.4 Role of physical education in adapted physical education
- 1.5 Brief historical review of adapted physical education

**UNIT-II CLASSIFICATION OF DISABILITY**

- 2.1 Changing concept of disability handicaps, retardation, physically and mentally challenged
- 2.2 Physical disability
  - 2.2.1 Characteristics
  - 2.2.2 Category
  - 2.2.3 Functional limitation
  - 2.2.4 General causes
- 2.3 Mental retardation and learning disability
  - 2.3.1 Characteristics
  - 2.3.2 Category
  - 2.3.3 Functional limitation
  - 2.3.4 General causes
- 2.4 Hearing and speech impairment
  - 2.4.1 Characteristics
  - 2.4.2 Category
  - 2.4.3 Functional limitation
  - 2.4.4 General causes
- 2.5 Visual impairment
  - 2.5.1 Characteristics
  - 2.5.2 Category
  - 2.5.3 Functional limitation
  - 2.5.4 General causes
- 2.6 Other disabled conditions
  - 2.6.1 Behavioural problems associated with disability
    - Adjustment problem
    - Emotional problem
    - Personality problem
  - 2.6.2 Social problems
    - Social stigma
    - Discrimination
    - Social rejection

**UNIT-III ADAPTED PHYSICAL EDUCATION PROGRAMMES**

- 3.1 Guiding principles for adapted physical education programme (AAHPER Principle)
- 3.2 Physical education programme for disabled of :
  - 3.2.1 Elementary school
  - 3.2.2 Middle school
  - 3.2.3 High school
- 3.3 Special adapted programme for various types and categories of physical disability
  - 3.3.1 Regular physical activity
  - 3.3.2 Informal games and special activity
  - 3.3.3 Informal and formal competitions
- 3.4 Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment
  - 3.4.1 Regular physical activity
  - 3.4.2 Informal games and special activity
  - 3.4.3 Informal and formal competitions

#### **UNIT-IV      ACTIVITIES FOR DISABLED**

- 4.1 Co-curricular activities for disabled
  - 4.1.1 Outdoor programmes for disabled
  - 4.1.2 Adventure based outdoor programme
  - 4.1.3 Creative development and hobby & culture development programme
- 4.2 Aquatic activity programme for disabled
  - 4.2.1 Importance of activity for disabled
  - 4.2.2 Nature of aquatic activity programme based on types of various disability
  - 4.2.3 Rehabilitative role and importance of aquatic activity

#### **UNIT-V      REHABILITATION AND GOVERNMENTAL WELFARE PROGRAMMES**

- 5.1 Rehabilitation
  - 5.1.1 Aims and objectives of rehabilitation
  - 5.1.2 Meaning of functional and occupational rehabilitation
  - 5.1.3 Importance of adapted programme in rehabilitation
    - Functional rehabilitation
    - Psychological rehabilitation – adjustmental, environmental and personality development
- 5.2 Governmental Welfare Programme
  - 5.2.1 Provisions of special rights and privilege for disabled through legislations
  - 5.2.2 Social welfare programmes for disabled
  - 5.2.3 Mass public education/awareness programme
    - Education approach
    - Service approach
  - 5.2.4 Legislative approach

#### **Practicals:-**

- To prepare Individual Education Programme of different challenged population.
- To measure and Assess the degree of Help/Need
- To facilitate special skill acquisitions
- To prepare programme for: Visual impairment and Deafness
- To prepare programme for: Spinal cord disability and Amputation
- Development Areas: Physical Fitness & Motor Development

#### **REFERENCES**

- Anoop Jain, “Adapted Physical Education” Sports Publication, Ashok Vihar, Delhi.
- Arthur G. Miller & James, “Teaching Physical Activities to Impaired Youth” John Wilag & Sons Inc. Canada.
- Arthur S. Daniels & Euilya, “Adapted Physical Education” Harpet & Row Publisher, New York.
- Auxter, Byler, Howtting, “Adapted Physical Education and Reactions” Morbey – St. Louis Mirrauri.
- K. Park, “Preventive Social Medicine” M/s Banarsidas Bhanot Publishers, Prem Nagar, Jabalpur.
- Ronald W. French & Paul J., “Special Physical Education” Charles E. Merrics Publishing Co. Edinburgh, Ohio.

#### **Suggested Readings:**

- Anoop Jain, “Adapted Physical Education” Sports Publication, Ashok Vihar, Delhi.
- Arthur G. Miller & James, “Teaching Physical Activities to Impaired Youth” John Wilag & Sons Inc. Canada.
- Arthur S. Daniels & Euilya, “Adapted Physical Education” Harpet & Row Publisher, New York.
- Auxter, Byler, Howtting, “Adapted Physical Education and Reactions” Morbey –St. Louis Mirrauri.



## Semester VI

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (b) OLYMPICS EDUCATION**

- UNIT-I**      **THE OLYMPIC MOVEMENT**
- 1.1 The ancient Olympic games
  - 1.2 The Olympic movement
  - 1.3 Aims and symbols of the Olympic movement
  - 1.4 The International Olympic Committee (IOC)
- UNIT-II**      **STRUCTURE OF THE OLYMPIC MOVEMENT**
- 2.1 The National Olympic Committee(NOC)
  - 2.2 The International Sports Federations(IFs)
  - 2.3 The National Sports Federations(NFs)
  - 2.4 Volunteerism
- UNIT-III**      **THE OLYMPIC GAMES**
- 3.1 Organization
  - 3.2 The international bid process for selecting sites for the games
  - 3.3 Participation in Olympic games
  - 3.4 Women and sports
- UNIT-IV**      **IOC PROGRAMMES**
- 4.1 Olympic academy
  - 4.2 Olympic solidarity
  - 4.3 Olympic museum
  - 4.4 Paralympic games
- UNIT-V**      **IOC INTERESTS**
- 5.1 Sports for all
  - 5.2 Culture, olympism, winning, participation and universality of the games
  - 5.3 Drug abuse and doping
  - 5.4 Arbitration and dispute resolution

**Practicals:-**

Project and presentation on any two of the following:

- Women and sports
- Para- Olympics
- Historical background of Ancient and modern Olympics
- Sports Drugs

**References:**

- Carto, J.E.L. And Calif, S.D. [ed], Medicine & Sport Science: Physical Structure of Olympic Athletes, London: Karger, 1984
- Cliw, Gifford, Summer Olympic” 2004
- Daw, Anderson, The story of the Olympics, 2008.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpope, Ancient Greece and the Olympic, 2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
- Toropove, Brandon., The Olympic for Beginners, 2008.
- Wallechineley, Davi, The Complete Book of the Olympic, 1992.

**Suggested Readings:**

- Carto, J.E.L. And Calif, S.D. [ed], Medicine & Sport Science: Physical Structure of Olympic Athletes, London: Karger, 1984
- Cliw, Gifford, Summer Olympic” 2004
- Daw, Anderson, The story of the Olympics, 2008. Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
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- Oxlade, chris., Olympic, 1999

**Semester VI**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (c) ADVENTURE SPORTS & LEADERSHIP TRAINING****UNIT-I      UNDERSTANDING ADVENTURE SPORTS**

- 1.1 Meaning, aim and objectives of adventure sports
- 1.2 Adventure sports as a value concept
- 1.3 Range of adventure sports
- 1.4 Types of activities

**UNIT-II      ORGANIZATION**

- 2.1 Plans and facilities
- 2.2 Material requirement
- 2.3 Organization of adventure sports as leadership, recreational and competition activities
- 2.4 Insurance, travels, safety and health

**UNIT-III      LEADERSHIP**

- 3.1 Meaning and responsibilities
- 3.2 Identification and use of resources
- 3.3 Problem solving as a process decision making and leadership
- 3.4 Group norms-Team building, Sharing & Caring, Personality development

**UNIT-IV      EVALUATION**

- 4.1 Why and what to evaluate
- 4.2 Programmes, facilities, volunteers and organizations

**UNIT-V      PRACTICAL**

- 5.1 Developing departmental paper
- 5.2 Rock climbing, cycling, nature exploration, rescue operations-Tents pitching, knots and ladders etc., Campfire/Recreational programs

**REFERENCES**

- Sport Administration Manual Lausanne, Switzerland, IOC, 2000.
- Sport Leadership Course created by the Olympic Solidarity Program of the International Olympic Committee to assist sport administrators, 1999. Young Leader Teacher Resource Material, Published by Youth Sport Trust and Sport England, U. K. 2007.

**PRACTICAL**

- Developing departmental paper
- Rock climbing, cycling, nature exploration, rescue operations- Tents pitching, knots and ladders etc., Campfire/Recreational programs

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**Semester VI**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (a) WELLNESS LIFESTYLE****UNIT-I**

- 1.1 Introduction of physical fitness and wellness
- 1.2 Components of physical fitness

**UNIT II**

- 2.1 Meaning and Components of wellness
- 2.2 Measurement and evaluation of physical fitness

**UNIT III**

- 3.1 Fitness and wellness counseling – role of fitness counselor in motivating the people
- 3.2 Physical activity and wellness - role of physical activity for the promotion of wellness

**UNIT IV**

- 4.1 Substance abuse and their hazards
- 4.2 Role of prevention of substance abuse in wellness and physical fitness

**UNIT-V**

- 5.1 Meditation, anger management and sports management
- 5.2 Role of recreation, meditation and stress management in the promotion of health and wellness.

**Note:**

Each unit will involved a teaching process of 8 to 12 hrs.  
 Examiners will set eight questions taking atleast one from each unit.  
 Students will be required to attempt any five questions.

**Practical**

1. Demonstration PARQ Exercise Clearance forms.
2. Checking of heart rate of five persons.
3. Measurement of body height and weight of five persons.
4. Demonstration of three improving exercises for muscular skeletal fitness.
5. Measurement of Stress and coping skills.
6. Demonstration of Food Guide Pyramid, Exercise Pyramid and Weight management skill.

**Note:** Evaluation will be done on the basis of practical examination of the activities taught.

**References:**

- American college of sports Medicine., Acsm's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
- Anspaugh, D. J. & Others, Wellness, Boston McGraw Hills, 2003
- Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
- Corbin, C.B. & Others, Concepts of Fitness And Wellness, Boston, McGraw Hill, 2006
- Edward A. Taub, F. Murad and Oliphant D., The Wellness Solution, 2007.
- Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
- Kennedy, Carol, A. & Yoke, M.M., Methods of Group Exercise Instruction N.Y. Human Kinetics, 2008
- Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
- Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
- Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
- Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
- Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.
- Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
- Uppal and Gautam., Health and Physical Education, Friends Publication, 2008.

**Semester VI**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (b) EXERCISE PRESCRIPTION****Unit I**

Meaning and definition of Exercise and physical activity, differences between exercise and physical activity, Types of Exercises, Exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health

**Unit II**

Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

**Unit III**

Health benefits of exercise, Exercise as pro active care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc

**Unit IV**

Necessity of Exercise Prescription for sedentary population and sportsperson, self responsibilities and behaviour change stages for exercise regularity

**Unit V**

Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)

**Practicals:-**

- Assessment of Health status of an individual
- Assessment of health risks due to inactivity
- Assessment of physical activity readiness of a person
- Measurement of behaviour change stage for regular exercise

**Semester VI**

Max. Marks =100

Time allowed: 3Hrs

Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

**OPTIONAL PAPER – (c) SPORTS INDUSTRY & MARKETING****Unit 1**

Introduction and overview of Sports Industry. Definition of Marketing and Sports Marketing; Contingency Framework for Strategic Sports Marketing.

**Unit 2**

Environment and Structure of the Sports Industry; Overview of the Strategic Sports Marketing Process ownership Structure, Major and Minor Pro League Sports; Amateur Sports; Unorganized Sports

**Unit 3**

Social Impact of Sports, Sports and Culture: Commercialization of Youth, High School, and College Sports: Legal and Ethical Issues; Competition and Aggressiveness as Dominant Social Values.

**Unit 4**

Economic Impact of Sports: Cities, Leagues and Teams; College Sports; Sponsorship. Managing athlete brands.

Globalization and Sports, Implementing and Controlling the Strategic Sports Marketing Process.

**Unit 5**

Pricing Concepts and Sales strategies in Sports Marketing

Careers in Sports Marketing/Management

**PRACTICAL**

- Identify an issue or a trend in the sports industry:
  - Players in professional or college sports
  - Ownership
- Marketing Plan: Environmental Factors and Product Plan Draft, Paper bibliography/works cited.
- Sponsorship proposal
- Developing a budget plan for an event
- Athlete branding

**Suggested Readings:**

- Cornwell. T.B, (2014). Sponsorship in marketing: Effective communications through sports, arts and events. Routledge Publishers, USA
- DeGarris, L., (2015) Sports Marketing: A Practical Approach. Routledge Publishers, USA
- Robinson, L. et al. (2012) *The Routledge Handbook of Sport Management, second edition, Routledge Publishers, USA*
- Mullin. B.J., et al. (2007) *Sports Marketing, third edition, Human Kinetics*
- Fried, G. (2009) *Managing Sport Facilities - 2nd Edition, Human Kinetics*